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PLAYING THE ROYAL NAME GAME
metroLIFE

Ducks blank Flames

Matt Beleskey of the Ducks scores against Flames goalie Karri Ramo on Sunday in Anaheim. The Flames lost 3-0 and will return down 2-0 in the series. See metroSPORTS. STEPHEN DUNN/GETTY IMAGES

East Village social 'hub' set to close

INSTITUTIONS

Golden Age Club has faced financial troubles

Robson Fletcher
Metro | Calgary

Calgary seniors — many of whom were displaced by the 2013 flood and live on low incomes — are lamenting the looming loss of a treasured gathering place after learning the Golden Age Club in East Village is set to close at the end of May.

"Everybody's up in arms," said Mike Lambert, who lives in the nearby George C. King Tower, one of several affordable-housing complexes for seniors in the area.

Lambert said he visited the Golden Age Club at least weekly for the past six years and many of his friends and neighbours were deeply saddened to learn about the financially troubled facility's fate.

"People are calling for picketing and everybody's just really angry right now," he said, adding there were loosely organized plans for a protest rally on Wednesday.

The club was founded in 1951 and existed in other downtown locations before moving into its current home in the East Village Place building in 1984.

> **"Everybody's up in arms."**
> Mike Lambert

The club and the Calgary East Village Housing Society shared responsibility for the city-owned building through a leasehold until it was placed in receivership last year after problems relating to finances and an exterior renovation, according to court documents.

For area residents, the club provides a host of scheduled activities — from language lessons to art sales to fitness sessions — as well as simply a place for informal social gatherings with its restaurant and games room.

"It was just a real hub for people in the area," said Wendy Lees, who runs a visual art program at the club.

Coun. Druh Farrell said the facility has been an essential part of many seniors' lives.

"They've been the glue for many of the residents, providing social activities that are so needed in East Village," she said.

Sam Schneider, a member of the club's board of directors, confirmed the facility is set to close at the end of May but referred any further inquiries to the organization's lawyer, Loran Halyn, who didn't reply to a request for an interview Sunday.

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metro NEWS

Your essential daily news

Toronto duo's UV-blocking glasses protect beer from sun. **Business**

COURT

Ottawa seeks stay of bail for Khadr

The federal government is planning to seek an emergency stay of an Alberta judge's decision to grant former Guantanamo Bay prisoner Omar Khadr bail, The Canadian Press has learned.

The application, expected to be heard Tuesday before the province's Court of Appeal, would come just hours before another court hearing scheduled to decide on his release conditions.

"The Harper government is not interested in the rule of law," Dennis Edney, one of Khadr's lawyers, said in response.

"It refuses to listen to what the courts have said about Omar Khadr's rights. It continues to spend millions of taxpayers' dollars only to lose time and time again."

The government did not respond to requests for comment.

On April 24, Court of Queen's Bench Justice June Ross decided that Khadr, 28, should be released while he appeals his conviction for war crimes in the United States.

Ross made it clear — and government lawyers didn't object — that the Toronto-born Khadr has been a model prisoner who poses little risk to the public and should be allowed out.

The government had argued that Ross had no jurisdiction to make that call given that Khadr's return from Guantanamo Bay in September 2012 occurred under an international prisoner transfer treaty.

THE CANADIAN PRESS

A cyclist checks out the Flaming "C" sculpture outside the Municipal Building in Calgary on Sunday. ROBSON FLETCHER/METRO

Smells like Flames spirit

HOCKEY

City brings back flaming 'C' sculpture

Robson Fletcher
Metro | Calgary

Pass by city hall these days and it's hard to miss the giant flaming "C" — the City of Calgary's latest tribute to the Flames' playoff run.

Originally built in 1989 by city staff at the Manchester Centre welding and fabrication shop, the 800-pound sculpture was used in the victory parade held after the Calgary Flames won the Stanley Cup that year.

"The 'C' was built with a special mounting piece to hold the Stanley Cup for the victory parade," the city explained in an online posting. "It was then displayed at the Municipal Building with the Stanley Cup and thousands of Calgarians came down to take photos!"

The sculpture was brought back out of storage during the Flames' 2004 playoff run, too, but it didn't make it off the Manchester Centre shop grounds.

This year, city crews opted to spruce the sculpture up with a quick bout of sandblasting and some fresh paint, and then reinstall it outside the Municipal Building (800 MacLeod Trail SE) so it could be more widely seen.

"I think it's awesome that they're bringing this out and showing their spirit and that they're behind the Flames," said Val Webster, who was out walking near the Municipal Building Sunday afternoon with her daughters Alexa, 8, and Makayla, 7.

The girls stopped to pose for photos next to the sculpture.

Webster said it's been "really exciting" to see the Flames make it to the second round of the playoffs — even if Game 1 against Anaheim was "a little disappointing" — and she hoped the return of the sculpture would bring good Stanley Cup karma.

"I think it's really cool and hopefully it'll bring us some luck — maybe we can win it again," she said.

"I wasn't old enough to remember (the 1989 Stanley Cup triumph), but I've heard great stories and it'd be exciting if we could win that cup again and bring it back."

DATA

Press made 4.3% of city FOIP requests

Just 15 of the 377 freedom-of-information and Protection of Privacy (FOIP) requests the City of Calgary received last year came from the media, according to city data.

The information was provided to Metro, upon request, after city councillors voted in favour of a move last Monday with the stated goal of cutting down on the number of requests from the news media in the face of rising costs in administering the FOIP program.

During a discussion on how FOIP costs in the last six months of 2014, alone, amounted to more than $320,000, Coun. Diane Colley-Urquhart made a motion that the city look into ways of making the documents from completed requests immediately public, instead of first giving them to the person who requested them.

"I raise this because … a lot of the inquiries are generated by the media," Colley-Urquhart said, adding that reporters typically "want an exclusive on the story." If the documents were "simultaneously released" publicly, she added, it could lead to "a decrease in the number of these things."

But city data shows just 4.3 per cent of FOIP requests in 2014 came from media. The largest source of requests, by far, was "Business," which accounted for 49 per cent of FOIPs handled by the city last year.

Over the past three years combined, 8.5 per cent of total FOIP requests have come from media, according to city data.

ROBSON FLETCHER/METRO

CRIME

Woman, cab driver killed in crash mere minutes after leaving Beltline bar

Anna Brooks
Metro | Calgary

Jillian Lavallee, 25, was in a taxi for only three minutes before an alleged drunk driver smashed into the vehicle, killing both her and the cab's 46-year-old driver, Amritpal Kharbanda.

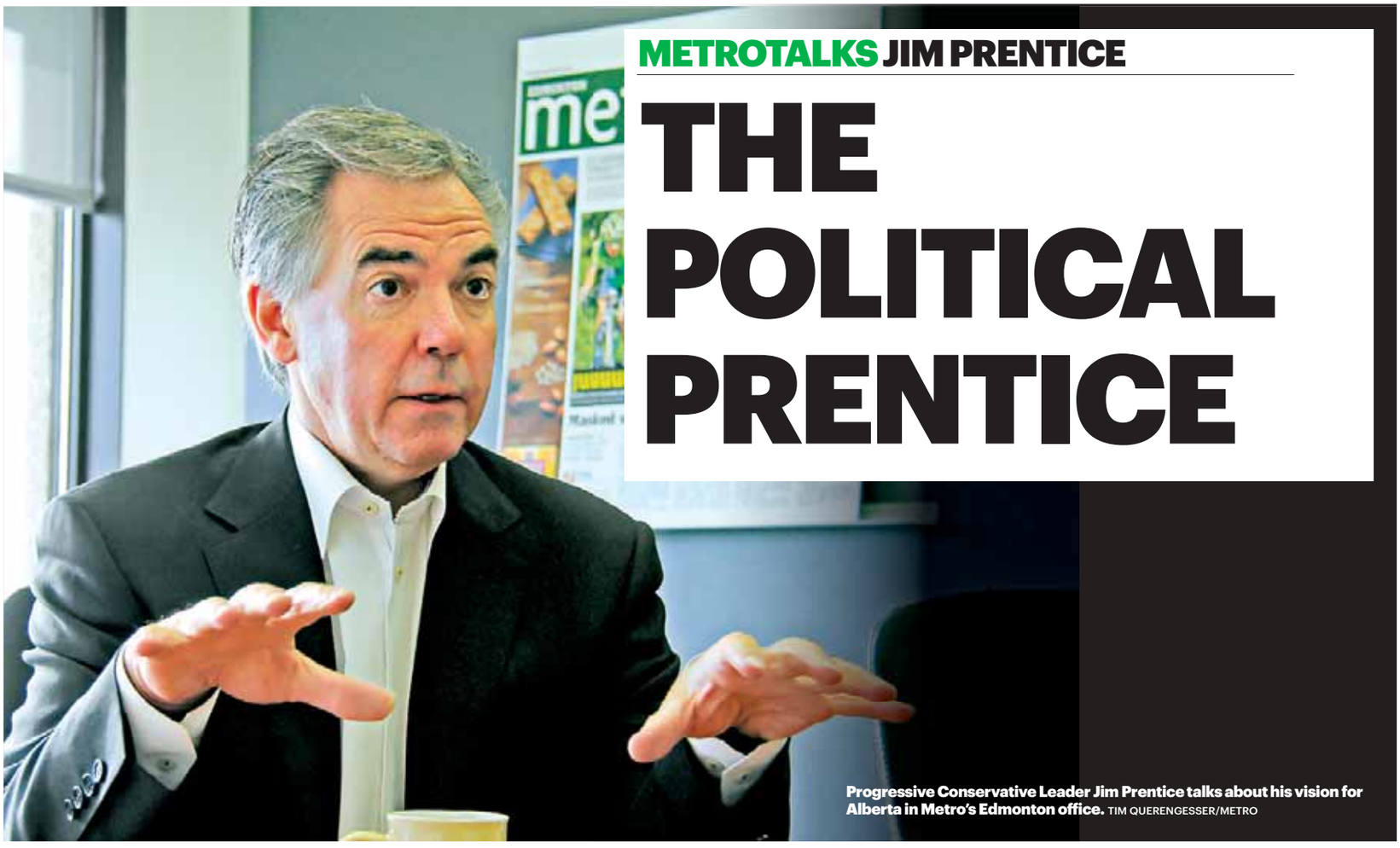
Jeff Garland, general manager of Associated Cabs, said Lavallee was picked up from Hudsons pub on 6 Street and 12 Avenue SW at around 2 a.m. The taxi made it as far as Macleod Trail and 12 Avenue SE when, according to police, a Cadillac Escalade raced through a red light at high speed and collided with the cab.

"It's upsetting and disturbing when you learn of these things and what the consequences are," Garland said. "This girl was in the car for about three minutes from the time she was picked up. She was being responsible taking a taxi — she was doing what these guys (the accused) should have been doing."

As for the driver, Garland said Associated Cabs and other drivers are trying to raise funds for Kharbanda's wife and two daughters.

"It's a lot when you have to endure something like this unexpectedly, especially when you have young children," Garland said. "It can be a big drain and stressor on a family when you're going through this emotional time and trying to deal with the loss of the breadwinner of the family."

Jillian Lavallee succumbed to her injuries after the taxi she was riding in was broadsided by a Cadillac Escalade. FACEBOOK



METROTALKS JIM PRENTICE

THE POLITICAL PRENTICE

Progressive Conservative Leader Jim Prentice talks about his vision for Alberta in Metro's Edmonton office. TIM QUERENGESSER/METRO

In Metro's fifth and final editorial board with party leaders, Progressive Conservative Leader Jim Prentice sat down with our reporters and editors to explain his vision for the province. Here's what he said, issue by issue:

Budget and timing

Jim Prentice insists this election, called a year earlier than planned, was necessary to win support for his proposed budget.

"I don't think it's the place of myself as the premier to make those choices for Albertans. I think they belong to Albertans," he said in an editorial board with Metro.

Polls suggest Prentice might not get the opportunity to implement that budget. Indeed, some suggest he won't be premier much longer.

But he said he never expected this campaign to be easy.

"I counseled my caucus and colleagues at the very outset that this would be a competitive election, a challenging election in every corner of the province," he said.

Prentice also acknowledges his party has strained the public trust but said restoring that is part of why he came back to public service in Alberta.

"I was concerned and disappointed and wanted to see a number of things in our government, but restoring public trust was one of them."

Education

Prentice said he has a deep commitment to education and knows how important it is for the province.

"I was raised in a coal-mining family. The only way out of being a coal miner was education."

Recently, in an unprecedented move, 19 of the province's school boards spoke out against Prentice's budget during the campaign and said it would leave them dramatically short on funds. He insists they can use their accumulated surplus to handle the downturn, just as the province is doing.

"We've said work with us. We want you to use those surpluses," he said.

Those reserves vary widely across the province, and Prentice said his government would be there for school boards that struggle.

"We're not going to leave any school board behind," he said.

He also stressed that the construction of schools currently underway is further proof that his party is committed to education.

Health

Prentice held the line or even allowed for modest increases in many departments, but his spring budget cut $1 billion from health care.

He said the province's expenditures have grown far too fast.

"We are spending a lot of money on health care. We are spending more than anyone in the country by a vast margin," he said. "It's not about more dollars; it's about being smarter in terms of how we spend them."

He said he has confidence savings can be found.

"It essentially involves focusing on managerial expenses, particularly in the first year," he said.

He is insistent that the dollars won't be found by cutting from emergency rooms.

"We have to protect frontline services. That is one of the hallmarks of the budget."

Post-secondary education

Prentice said he knows there are a lot of good reasons to keep post-secondary education affordable.

"We suspect with a softer economy there will be many people, younger people particularly, who decided to prolong their education," he said.

Despite that, Prentice offers no firm promises on renewing the tuition cap, set to expire next year.

"We want to keep costs affordable, so we will review tuition and work with the institutions."

The government has also suggested that schools should look at so-called low-value programs and consider removing them. Prentice said that's a suggestion, not a directive, and he won't tell schools which programs to cut.

"I believe in strong post-secondary institutions that are independently governed," he said. "What that looks like at ACAD varies from what that looks like at NAIT and what it looks like at the University of Calgary."

Municipal funding

Both Calgary Mayor Naheed Nenshi and Edmonton Mayor Don Iveson have called on the government to provide more reliable funding for major cities.

Prentice said the mayors are right about the instability.

"I agree with the mayors that part of the problem is that (stable funding) hasn't been the case in the past," he said.

He said his plan to stabilize Alberta's finances is partially about ensuring cities can count on the province for the money they need.

"It's part of the roller coaster. You can't build two of the world's most exciting and dynamic cities when your public finances are tied to a single commodity price."

RYAN TUMILTY/METRO EDMONTON

For a video of Prentice in Metro's offices, as well as the other editorial board meetings with party leaders, check out metronews.ca

QUICK Q&A

What's your party's biggest weakness?

The biggest challenge is to campaign in every constituency.... That's not necessarily true of other parties. We need a team of people that reflect the breadth and width of the province so we continue to build that team.

What's something you've always wanted to talk about but no one ever asks you about?

I think everybody asks me just about everything. It's not much that's uncovered at this point, but I'd love to talk about hockey.... It's a passion of mine.

Is there a television show that you binge watch?

We binge watched Game of Thrones, we binge watched House of Cards and we binge watched True Detective. My life, the windows of time open up sparingly, so Karen (his wife) and I sit down and we are your quintessential binge watchers, pizza boxes, the whole thing.

If I wasn't a politician, I'd be ...

A fly fisherman and a grandfather with a little more time.

Calgary-Elbow PC candidate Gordon Dirks was education minister in the previous government. He was appointed as an unelected cabinet minister and then won a narrow victory in last October's byelection. ROBSON FLETCHER / METRO

Dirks campaigns on slammed move

ETHICS WATCHDOG

Candidate used biased approval of modulars to self-promote

Jeremy Nolais
Metro | Calgary

Alberta's education minister is coming under fire for campaigning on a school modular decision that was previously decried by the province's ethics commissioner as "blatant political opportunism."

During last October's Calgary-Elbow byelection, PC candidate Gordon Dirks — who was appointed education minister by Premier Jim Prentice before being elected — announced days before constituents were due to cast their ballots that he'd approved a slate of modular classrooms for the space-strapped William Reid School in his riding.

The announcement came despite the Calgary Board of Education ranking six other schools higher on a list of sites that needed the makeshift classrooms.

A Metro story on the matter spurred complaints from both the Wildrose party and Alberta Party Leader Greg Clark, who was challenging Dirks in the byelection, to provincial ethics commissioner Marguerite Trussler.

In early June, she "reluctantly" concluded that Dirks' actions didn't violate the Conflict of Interests Act, but slammed the move as one made "purely for political reasons."

Now, in the midst of another tight election contest, Dirks has written a letter to constituents claiming that as their MLA he has, among other things, "increased student spaces in Calgary-Elbow." A campaign representative confirmed the letter was referring to William Reid but declined to comment further when asked about the prior ethics ruling. But Marcello Di Cintio, who has a son due to attend the school in the fall, said he was shocked that Dirks would tout such a decision.

"It's like 'I broke the rules to benefit this school and you reward me for that with re-election,'" Di Cintio said. "What he did was wrong. It was a blatant vote-grabbing thing."

At the time of Trussler's ruling, Dirks said in a statement, "Premier (Jim) Prentice has made it clear he expects everyone in his government to conduct themselves according to the highest ethical standards, and I fully support him in that goal.

Dirks added at the time, "I appreciate the ethics commissioner's observations about perception and politics and I will be mindful of her comments and suggestions in the future."

ELECTION

Minister prays sucker handout will sweeten deal for voters

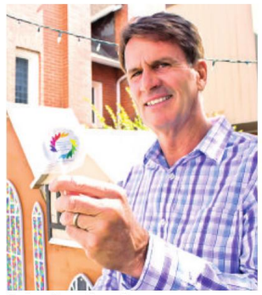
You can expect to see some "sucker selfies" surfacing on Twitter come election night after 400 candies were handed out as part of Hillhurst United Church's "Sucker Campaign."

Minister John Pentland said especially with the last election's disappointingly low voter turnout, he wants to do everything he can to encourage people to vote on Tuesday.

"We set up this little campaign to encourage people to take seriously that it's a privilege to vote," Pentland said. "There were two world wars where people fought for democracy, and it's our responsibility to honour them by voting."

After handing out specially stamped suckers during Sunday's service, Pentland is encouraging voters to take a selfie with their sucker at their voting station and put it up on Twitter.

ANNA BROOKS/METRO



John Pentland A BROOKS/METRO

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MLAs must 'speak to' expenses

POLITICS

Prentice calls on legislators to explain their spending

Jeremy Nolais
Metro | Calgary

Progressive Conservative Leader Jim Prentice is vouching for "complete transparency" around MLA constituency expenses after a Metro story revealed tens of thousands spent by some elected members on shindigs and very little documentation to support such costs.

Overall, the top 28 hosting spenders were or are members of the Tory party, and two, Edmonton-Mill Woods MLA Sohail Quadri and Calgary-Hawkwood MLA Jason Luan, outspent entire opposition MLA contingents.

But in a sit-down interview with Metro, Prentice noted he's "incredibly frugal" when it comes to billing the taxpayers for such costs.

A quick peek online reveals that, since he was elected to represent Calgary-Foothills in October, Prentice has spent just $11.47 on hosting, picking up some coffee K-Cups at Walmart.

"Each individual MLA is going to have to speak to the expenses they've incurred, defend them and explain why they're justifiable as public expenses," Prentice said.

Earlier this year, it was revealed that Quadri hosted a banquet in 2013 for which $5,000 was spent on "banquet services," and "audio visual" to "provide constituency outreach and updates, celebrating the first anniversary of being elected to the Legislature."

The bill was slammed by Wildrose leader Brian Jean, who described it as being "absolutely partisan." Not all Tories break out the chequebook for large-scale gatherings, however. Little Bow MLA Ian Donovan, for example, spent just $36.44 on hosting between the end of 2012 and 2014.

Edmonton-Castle Downs representative Thomas Lukaszuk's $2,652 in total expenses, including hosting, mileage and other items was the second smallest among still-serving MLAs, and bested only by Edmonton-Glenora MLA Heather Kilmchuk's lean $2,649 in spending.

In an interview, Lukaszuk said each MLA "has their own style" when it comes to interacting with constituents.

"I don't really host events in Castle Downs," he said.

"Only on Canada Day, I buy probably the largest cake in Alberta, just this big, big cake that looks like a Canada flag."

Lukaszuk said he does door-knock between elections and his office often serves as a "Grand Central Station" as numerous constituents stop by.

"My coffee costs are probably really high," he said with a laugh.

PC Party Leader Jim Prentice speaks during a campaign stop in Calgary on Saturday.
JEFF MCINTOSH/THE CANADIAN PRESS

> **Each individual MLA is going to have to speak to the expenses they've incurred.**
> Jim Prentice

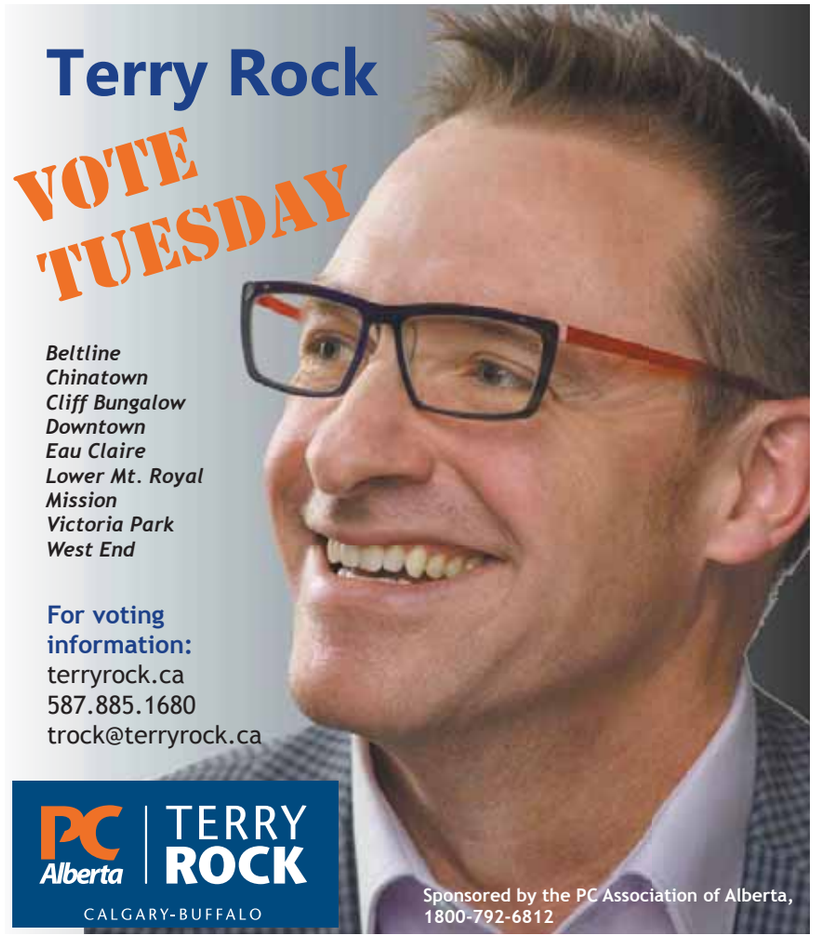
ELECTION

'Time for change': Notley
NDP Leader Rachel Notley told more than 1,000 cheering supporters Sunday that the choice for Alberta's future is theirs and doesn't belong to Premier Jim Prentice and his "five (corporate) friends."

Supporters came wearing "Notley Crue" T-shirts. They waved orange party placards and chanted Notley's name. Two came dressed in head-to-toe, face-covering, orange spandex body suits.
THE CANADIAN PRESS

Jean challenges opponents to reveal donor list
Wildrose leader Brian Jean challenged his political rivals Sunday to release full lists of their donors before election day on Tuesday.

The Wildrose released its own list of donors Sunday, which added up to more than $1 million in total contributions. Jean said both the Progressive Conservative party and the NDP should do the same to give voters a clear indication of where their financial support comes from, before all the ballots are cast. METRO



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Non-Tories unfazed by decades of rule

ELECTION

Challengers in Foothills, Bow say tides are turning

Jeremy Nolais
Metro | Calgary

Deborah Drever is balancing writing exams at Mount Royal University and knocking on doors as an NDP candidate in Calgary-Bow, where she hopes to topple long-standing Progressive Conservative rule. JENNIFER FRIESEN/FOR METRO

When 24-year-old Wildrose member Keelan Frey first decided to put his name on the ballot opposite top Tory Jim Prentice it was more about taking a "principled stand."

He was ticked about the December floor-crossings and adamantly opposed to dozens of new taxes introduced in the 2015 budget.

But the accountant and Mount Royal University graduate had few thoughts of winning.

Lately, however, he said the mood in Calgary-Foothills is changing, as the Wildrose has been buoyed by polls in recent weeks that place the party in the lead.

"We have a real shot at winning this riding," Frey said. "I'm out here door-knocking every day and making sure Calgary-Foothills knows it has a choice other than Jim Prentice."

History isn't on Frey's side, as Foothills has been a Progressive Conservative stronghold since the riding was established in 1971 — the year the Tory dynasty began.

The only blip on the Tory blue screen in Foothills was for a brief period last year when former MLA Len Webber left the party amid concerns about the leadership of former premier Alison Redford.

Perhaps political ambition is something preached by Mount Royal University professors, as current student Deborah Drever is simultaneously campaigning in Calgary-Bow while finishing up her winter-semester exams.

Bow has been Tory every election since 1975. But much like Frey, Drever said she believes attitudes are changing. The tax hikes are a top concern, she said, and, as a result, she believes the Wildrose, not the PCs, may be her biggest rivals.

But Drever said NDP signs now dot lawns where PC ones might have once stood in previous campaigns.

"If you go down to Bowness, it's all orange," she said. "It's a working-class community, so I think people are tired of high taxes for people making low wages.

"Even Cougar Ridge, which is in my riding, used to be a very blue area and you're now seeing orange signs everywhere. It's exploding."

The PCs, however, appear unwilling to hand longtime seats back to the opposition. In Calgary-Cross, which was established in 1993, residents have only known one PC MLA, the now-retiring Yvonne Fritz.

The same holds true in Calgary-Fort, which has elected Wayne Cao in every election since first being contested in 1997. Cao is also leaving the legislature.

The Tories have tasked two former cops with retaining the seats, former police chief Rick Hanson in Cross and officer-on-leave Andy Nguyen in Fort.

The latter candidate admitted in an interview that he's got big shoes to fill.

Still, Nguyen said he's worked in the community for 20 years, serving as a detective in District 4 and working to aid immigrant kids at Forest Lawn High School.

"He (Cao) was always a strong advocate for families, for seniors, for children," Nguyen said. "When he retired, for me, it was important to have someone that shared the same vision and could carry on the legacy for him."

POLITICS

Blue ridings by the numbers

Alberta's Progressive Conservatives have historically enjoyed electoral success in Calgary. Here's a list of some of the city's constituencies where PC rule has been particularly long:

Calgary-Bow
Established: 1971
Most recent MLA: Alana DeLong, PC
Party has held seat since: 1975
Previous party to hold seat: Social Credit

Alana Delong TWITTER

Calgary-Fort
Established: 1996
Most recent MLA: Wayne Cao, PC
Party has held seat since: 1997
Previous party to hold seat: N/A

Calgary-Cross
Established: 1993
Most recent MLA: Yvonne Fritz, PC
Party has held seat since: 1993
Previous party to hold seat: N/A

Calgary-East
Established: 1963-1971, re-created in 1993
Most recent MLA: Moe Amery, PC
Party has held seat since: 1993
Previous party to hold seat: N/A

Calgary-Foothills
Established: 1971
Most recent MLA: Jim Prentice, PC
Party has held seat since: 1971 but it was vacated for a period in 1989 and Len Webber moved to an independent in 2014
Previous party to hold seat: N/A

Calgary-Lougheed
Established: 1993
Most recent MLA: Dave Rodney, PC
Party has held seat since: 1993
Previous party to hold seat: N/A

Dave Rodney TWITTER

Calgary-North West
Established: 1979
Most recent MLA: Sandra Jansen, PC
Party has held seat since: 1997
Previous party to hold seat: Liberal

Calgary-West
Established: 1957
Most recent MLA: Mike Ellis, PC
Party has held seat since: 1997
Previous party to hold seat: Liberal

Calgary-Hays
Established: 2003
Most recent MLA: Ric McIver, PC
Party has held seat since: 2004
Previous party to hold seat: N/A

Calgary-Elbow
Established: 1971
Most recent MLA: Gordon Dirks, PC
Party has held seat since: 2008
Previous party to hold seat: Liberal

Gordon Dirks METRO FILE

Calgary-Mountainview
Established: 1971
Most recent MLA: David Swann, Liberal
Party has held seat since: 2004 (Riding was PC from 1975-1986 and 1993-2004)
Previous party to hold seat: PC

JEREMY NOLAIS/METRO

An unusual extracurricular activity: Running for office

ELECTION

High-schooler to run as an independent

Tim Querengesser
Metro | Edmonton

Meet Aura Leddy. She's 18. She identifies as bisexual. She's the head of the gay-straight alliance club at J. Percy Page High School and passionate about LGBTQ issues.

Oh, and she's also running for the legislature on Tuesday — as an independent.

"I had originally applied to a party, but they (rejected) me based on their belief that I'm too inexperienced and would therefore embarrass the party image," Leddy said on Sunday (that party was the Alberta Party).

As the election looms, several candidates in Edmonton ridings buck the city's established perceptions of who a politician is and what one looks like.

There are Wildrose candidates with piercings and mental health journeys, Liberal Party bike mechanics, 60-something Communist Party representatives. And then there's Leddy.

She's the youngest and perhaps most perception-challenging of all. She's still a student, and said campaigning has been hard while she prepares for exams.

"My teachers allow me to tweet and do a little campaigning during school," she said. "Otherwise I'm expected to be the good student I've always been."

And her parents were a bit tentative at first. "My dad thought it was cool, but my mom was like 'Aahhh media,' but now they think it's a good idea and they've been supportive."

So why run?

Well, it's as simple as Bill 10.

"For this election it was the one thing that made me think 'I absolutely have to run,'" Leddy said. "I'm a big advocate for LGBTQ issues. Being bisexual myself, that means a lot. It shows government can do positive things for minority communities. I've always been taught that if you see something that needs change, you get up and do it. You don't complain. This is a big way to stand up and inspire people to make Alberta a better place."

> **I've always been taught that if you see something that needs change, you get up and do it. You don't complain.**
> Aura Leddy

The highlight for Leddy — who hopes her family votes for her on Tuesday — has been the candidate debate she jousted in.

"I think I surprised people," she said.

Aura Leddy is running for MLA as an independent in the provincial election. Voting day is Tuesday. CONTRIBUTED

VOTE

Tories facing a tight race

Alberta voters deliver their verdict Tuesday in an election campaign born out of faith, now climaxing in fear.

It was supposed to be a 28-day victory lap for Premier Jim Prentice, who called the election a year earlier than mandated by law with 70 of the 87 legislature members in his Progressive Conservative tent.

But campaign polls have the Tories in a three-way dogfight, threatened by the rival Wildrose on the right and the surging NDP to the left. Political analysts say if Prentice wins majority government it will not be because of his campaign, but despite it.

Prentice called the election last month to gain a mandate on his proposed budget, which he called a paradigm-altering, 10-year blueprint to diversify revenue and lessen dependence on volatile oil royalties. It hiked dozens of taxes and fees while freezing or cutting spending across government and running up a debt for infrastructure that will hit $30-billion by the end of the decade. THE CANADIAN PRESS

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VOLUNTEERING

Residents help make Calgary a little cleaner

Morgan Modjeski
Metro | Calgary

Calgary residents came out in full force to participate in the kickoff for the City of Calgary's 2015 community cleanup on Saturday and then the 48th annual Pathway and River Cleanup on Sunday.

City officials said 112 of Calgary's 153 community associations would be participating in this year's community cleanup campaign, a five-year high for the program.

Meanwhile, more than 2,800 volunteers registered to help pick up thousands of kilograms of garbage along nearly 200 kilometres of riverbank spanning every quadrant in Calgary.

"Our city is known for volunteers and we need to really thank these volunteers on a regular basis," Coun. Ward Sutherland said during the community cleanup launch event in Montgomery. "It's a lot of extra hours and they're doing it for free and it does make a difference."

> **Our city is known for volunteers.**
> Coun. Ward Sutherland

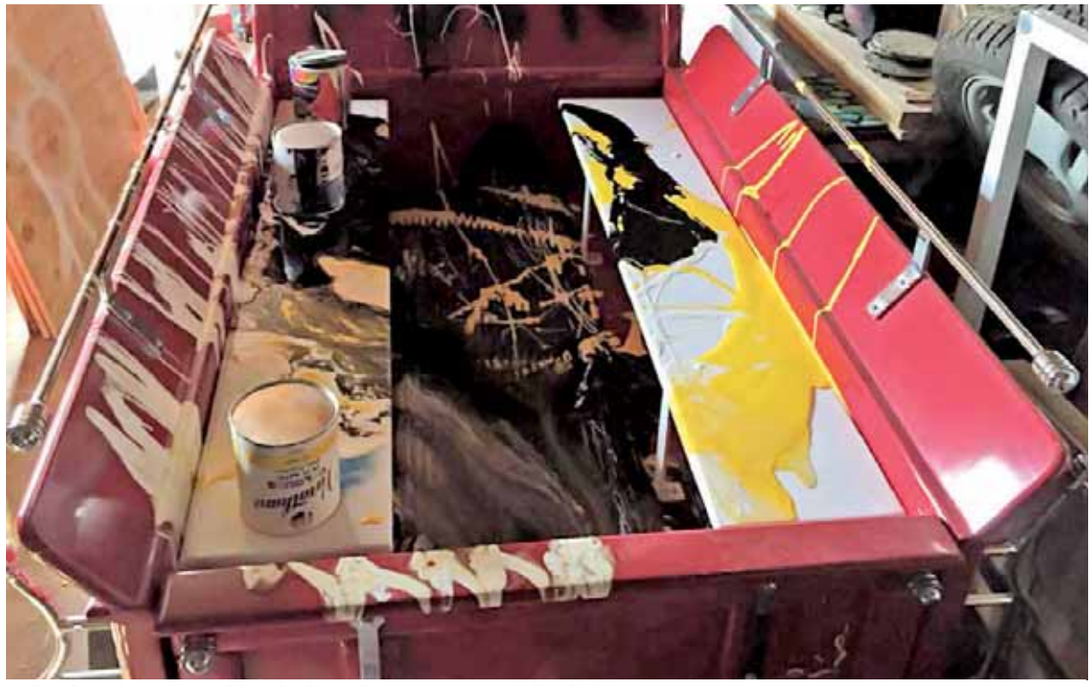
Darcy Cairns, superintendent of the city's waste and recycling programs, said the community effort helps city staff in their day-to-day duties.

"It takes a lot of the mess out of the back lanes and makes it easier for the trucks to get around," he said.

Volunteers and city officials have been tweeting photos of their efforts with the hashtag #yyccleans.

WITH FILES FROM ROBSON FLETCHER

Montgomery Community Association president Marilyn Wannamaker, left, can be seen alongside Coun. Ward Sutherland and Sandy Zazelenchuk, organizer of the MCA community cleanup. MORGAN MODJESKI/METRO



Neil and Sandra MacDonald's prized parade wagon was vandalized Friday night in the Forest Lawn area. FACEBOOK

Stampede parade wagon vandalized

'SENSELESS'

Calgary couple 'devastated' after discovery

Anna Brooks
Metro | Calgary

Calgary residents Neil and Sandra MacDonald woke up to find six litres of paint dumped all over their prized Calgary Stampede parade wagon.

The couple said they found the garage of their home in Forest Lawn broken into on Friday morning.

Expecting to be missing property, Sandra said she was shocked to see everything left as it was, except for a deluge of paint all over the wagon and garage floor.

"If they'd taken some possessions I'd understand that, but this is senseless," she said. "Who's gaining from this? It's just total, absolute vandalism."

And this wasn't just any wagon that got vandalized. A hobby of her husband's, Sandra said the high-end wagon, shipped in from Montreal, has appeared in the Calgary Stampede parade for the last seven years, pulled by four miniature horses the couple owns.

> **Who's gaining from this? It's just total, absolute vandalism.**
> Sandra MacDonald

Sandra said they are proud to ride in the parade every year to carry the banner for the Calgary Police Association and the Missing Children Society of Canada.

"I don't know, maybe this year we can't do it," she said. "It's our pride and joy. It's what we worked all our years for. We're pretty devastated."

The couple's biggest worry now is getting the wagon fixed, and they're asking the public for any tips or advice on where they can get the wagon cleaned and restored. Anyone with information can contact Sandra or Neil via email at grannymac@shaw.ca

EARTHQUAKE AFTERMATH

Alberta couple dead in Nepal: Family

An Alberta husband and wife who have been missing since a massive earthquake in Nepal are dead, according to family.

Bruce and Kathy Macmillan, of St. Albert, were trekking in the Langtang region when the 7.8 quake hit last Saturday.

Louise Bentley, Bruce Macmillan's sister, says the Nepalese government hasn't yet officially confirmed their deaths, which she says the family doesn't expect to happen for some time.

But Bentley says the family has been in communication with someone who was with the couple in the area at the time of the earthquake, and that the Macmillans are dead.

A Facebook page the family created to help find the couple says they were seen hiking in an area that was totally buried in an avalanche.

It says their trip marked a 35-year anniversary to revisit Nepal, an area they visited shortly after they were married.

"Kathy and Bruce passed away while travelling the world, their passion from the moment they were married," the Facebook page states.

"Our deepest and most sincere thank you to all those who contributed to, and acknowledged, our desperate search.

"This earthquake has been an enormous tragedy impacting lives across the globe. It has made ours, and the world, a smaller place."

The couple had planned to meet up with their two adult sons in Kathmandu after their hike.

Bentley said both sons are now back in Alberta.

THE CANADIAN PRESS

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2013 JEEP SAHARA UNTL 4X4
2010 DODGE GRAND CARAVAN SE
2012 DODGE GRAND CARAVAN SXT
2010 DODGE GRAND CARAVAN SE
2013 CHRYSLER TOWN & COUNTRY TOURING
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Elizabeth Brown shows off what's to come with her Calgary Housing building's community garden.

JENNIFER FRIESEN/FOR METRO

Garden grows a community

CALGARY HOUSING

Grassroots project brings residents together

Helen Pike
Metro | Calgary

Perched atop the car parkade in the southwest of Calgary is a garden. It's not just growing plants and crops but has also helped the normally closed-off community weave together a network of friends.

The apartment building is owned by Calgary Housing, and isn't always the most welcoming of spots according to resident Elizabeth Brown.

When she first arrived she didn't have any friends, but saw an opportunity to develop some garden plots that had been long abandoned because of renovations.

"It really, really has brought me out of a depression," said Brown. "I wanted a garden so badly."

The once barren plot is now helping feed the building residents, and is also feeding the need for tenants to come together in a community setting and make friends.

"A lot of us have become fast friends, and it's not just the sharing of gardens. I was sick last year and I didn't have to worry about cooking because one of the ladies here took care of me. It's things like that that really brought us together," Brown said.

Tara Naclia, Calgary Housing tenant support worker for the building, said it can be a very anti-social setting. Tenants who move in sometimes struggle with mental or physical disability and live isolated in their quarters.

Naclia added after gaining support from Calgary Housing, the tenants took the garden into their own hands and have steered it ever since.

Brown said some of the resources come from their own pockets, but residents often rely on the helping hand of those in the garden and community to bring tools and other resources like soil to the mix.

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WEATHER

Being a hurricane hunter no easy feat

Maj. Ivan Deroche is from a family of military pilots but he has taken his career in a unique direction — straight into the eye of a hurricane.

"Most pilots turn the other way and don't go through the nasty weather," said Deroche.

Deroche is a hurricane hunter with the 53rd Weather Reconnaissance Squadron of the U.S. Air Force Reserve. The pilot and his fellow crew members were in Halifax on Sunday for the only Canadian stop on an awareness tour ahead of this year's hurricane season.

Standing on the tarmac alongside a beast of a WC-130J aircraft, fitted with specialized equipment, Deroche explained how his job takes him to the centre of a hurricane.

> **We fly right through the middle of the storm.**
> Maj. Ivan Deroche, hurricane hunter

The data that Deroche gathers is crucial to helping Canadians prepare for dangerous weather, said Steve Miller, manager of Environment Canada's Atlantic Storm Prediction Centre. THE CANADIAN PRESS

FEDERAL POLITICS

Byelections set for unusual day

Elections Canada has announced three federal byelections to fill vacant seats in the House of Commons — but the date set is the same for the next expected general federal election.

A statement by Elections Canada on Sunday afternoon said it issued three writs for a trio of Oct. 19 byelections to be held in the ridings of Ottawa West–Nepean, Peterborough and Sudbury.

Former foreign-affairs minister John Baird left Ottawa West–Nepean vacant with his resignation from Parliament in March. Peterborough is vacant because former Conservative MP Dean Del Mastro was found guilty last fall of violating the Canada Elections Act.

Former New Democrat MP Glenn Thibeault resigned his Sudbury seat in January to join the Ontario Liberals.

Under electoral law, a byelection must be called within 180 days of the Chief Electoral Officer receiving notice of a vacant seat in the Commons.

In the case of Del Mastro's riding, that 180-day deadline was coming up on Wednesday. Del Mastro's seat was formally vacated on Nov. 7. The deadlines for byelection calls in Baird's and Thibeault's ridings are in September and July respectively. THE CANADIAN PRESS

Fatigue said likely in friendly fire: Lawson

MILITARY

Canadian soldier killed by Kurdish fighters in Iraq

Prime Minister Stephen Harper addresses the troops at Camp Patrice Vincent in Kuwait on Sunday. Chief of defence staff Gen. Tom Lawson says the death of a Canadian soldier in Iraq may have been due to fatigue of peshmerga fighters. SEAN KILPATRICK/THE CANADIAN PRESS

Canadian special-forces trainers will likely be advised to stay away from the front of major Kurdish operations in northern Iraq as it appears battle fatigue among peshmerga fighters was the likely cause of last month's friendly fire incident, the country's top military commander said Sunday.

Gen. Tom Lawson, the chief of defence staff, made the remarks following a speech by Prime Minister Stephen Harper at the fighter base in Kuwait, which launches many of the U.S.-led coalition's attacks on the Islamic State of Iraq and the Levant (ISIL).

Sgt. Andrew Doiron was gunned down accidentally on March 6, at night, near an observation post along the front lines west of Erbil, in northern Iraq.

The Harper government hasn't been briefed on the contents of three separate investigations into the tragedy, but that will happen soon, possibly within a month, Lawson said.

Recommendations will also be made to prevent a repeat of the shooting, which has been described as a case of mistaken identity when the elite Canadian trainers stopped to check on an isolated Kurdish unit.

"What we have to mitigate is things like fatigue," Lawson said, suggesting that special forces would avoid areas where there had been recent battles.

When asked if the weariness among the under-trained fighters was a factor, the defence chief said: "I think we'll see the fatigue of the soldiers who were at the front, the peshmerga at the front, would have played a part."

The Kurdish forces had fought a series of pitched battles with extremists in the days leading up to the tragedy.

Canadian military officials, who were not authorized to speak publicly, suggested that visits to the front by trainers have ceased since the accident, which Lawson would not confirm.

Whether any peshmerga fighters face punishment is an open question. And in a sign of how far the force is willing to go to appease its new mentors, Lawson says local commanders have said that the Kurds' investigation will be based on the Canadian investigation. THE CANADIAN PRESS

TOUR ENDS

Harper left the Middle East Sunday for the 70th anniversary celebration of the end of the Second World War in the Netherlands. He faced persistent questions about Sgt. Doiron's death — something the prime minister said he hoped wouldn't detract from the peshmerga's reputation.

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Don Briere, owner of 15 Weeds Glass & Gifts medical marijuana dispensaries, stands for a photograph outside one of his locations in downtown Vancouver on Friday.
DARRYL DYCK/THE CANADIAN PRESS

Marijuana sellers lack uniformity

HEALTH

No standard requirements for pot-buying documents

Don Briere stands behind the counter at Weeds Glass and Gifts in downtown Vancouver, surrounded by shelves of multi-coloured pipes and clear boxes overflowing with fragrant B.C. bud.

The affable 63-year-old owns 10 stores, making him the owner of the city's largest marijuana business chain, even though selling pot over the counter remains illegal in Canada.

When asked how a customer would buy cannabis, Briere says all one needs is photo ID and proof of a medical condition that might be alleviated by pot — for example, a prescription for pain medication or a bottle of antidepressants.

While Briere insists a person needs a prescription to get marijuana, the same is not true at all dispensaries. Some will set customers up with a naturopath via Skype to make a diagnosis. Others insist on a note from a doctor. There are concerns that some don't ask for any proof at all.

The haphazard requirements are unlikely to change, since the regulations the City of Vancouver is proposing won't apply. So the question of who can buy pot from the stores appears to remain: It depends where you go.

"The city has no jurisdiction on regulating the selling of products — all we can do is regulate land use," explains Tobin Postma, a city spokesman.

The city hopes to create a new business licence category, charge a $30,000 fee, ban pot shops from certain areas and require them to be 300 metres away from schools, community centres and each other.

A staff report says the goal is to ensure public safety while providing necessary access to medical marijuana. Council referred the proposal to a public hearing, ignoring Ottawa's demands that it shut down the illegal stores.

Const. Brian Montague says Vancouver police use a priority-based approach to drugs that focuses on violent crimes. But cops will crack down on dispensaries if there are complaints involving youth or suspected links to organized crime.

Last week, police raided one of Briere's stores after a 15-year-old was allegedly hospitalized after consuming an edible product. Briere, who has been jailed twice for growing and selling pot, says he will fire staff found to have sold to youth.
THE CANADIAN PRESS

IN FLANDERS FIELDS

John McCrae immortalized in bronze

War poet John McCrae, who helped make the poppy an enduring symbol of the sacrifices of the First World War, has received his own enduring monument.

A larger-than-life bronze statue of Lt.-Col. McCrae was unveiled next to the National Artillery Memorial on a hillside overlooking the Ottawa River, about a 15-minute walk east of Parliament Hill.

The site is apt: before he was a physician, McCrae was an artillery officer and his heart remained with the gunners, even as he tended to the wounded.

The statue by renowned sculptor Ruth Abernethy imagines McCrae at the moment he looks up from the notebook where he has just signed his name to what would be published as In Flanders Fields.

He is sitting on a broken tree branch, his cap perched on his medical bag in front of him, with a scattering of poppies at his feet.

Abernethy said she wants to renew interest in history.

"As time goes on and I find there's less constructive discussion and less awareness of history, it becomes more meaningful to me to take on the role of being spokesperson for Canadian history," she said in a recent interview from her studio near Wellesley, Ont.

The Royal Regiment of Canadian Artillery commissioned the work and spearheaded the private fundraising that financed it.

Jim Selbie, a retired general who now holds the honorary post of Colonel Commandant of The Royal Regiment of Canadian Artillery, said McCrae was a renaissance man who exemplified the concept of the citizen-soldier.

``He had two professions, both of which he had a great commitment to, that of a physician but equally that as a gunner,'' Selbie said.
THE CANADIAN PRESS

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WAS $24,000 SALE $20,000
2011 TOYOTA TUNDRA CREWMAX
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Boko Haram stones girls ahead of rescue

NIGERIA

Military says it freed 700 captives in the past week

A doctor examines a child rescued by Nigerian soldiers from Boko Haram extremists at a refugee camp in Yola, Nigeria, Sunday. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Boko Haram fighters stoned some of their captives to death as Nigeria's military approached to rescue the women, survivors told The Associated Press on Sunday.

Several women died when they were mistakenly crushed by a Nigerian military armoured car.

And three were blown up by a land mine as they were walking to freedom.

These tragic stories come from girls and women brought to a refugee camp, still finding it hard to believe they are safe, some after more than a year in the hands of Nigeria's homegrown Islamic extremists.

Lami Musa, 27, and her five-day-old baby girl are among 275 children, girls and women who were getting medical care and being registered Sunday on their first day out of Nigeria's war zone.

Musa was in the first group to be transported by road over three days to the safety of Malkohi refugee camp, a dust-blown deserted school set among baobab trees on the outskirts of Yola, the capital of northeastern Adamawa state.

Musa had just given birth to her yet-to-be-named babe last week when the crackle of gunfire hinted rescuers might be nearby.

"Boko Haram came and told us they were moving out and said that we should run away with them. But we said no," she explained from a bed in the camp clinic.

"Then they started stoning us. I held my baby to my stomach and doubled over to protect her."

She and another survivor of the stoning, Salamatu Bulama, said several girls and women were killed but they do not know exactly how many.

The horrors did not end once the military arrived. A group of women were hiding under some bushes. They could not be seen by the soldiers in an armoured personnel carrier who drove right over them.

> **We just have to give praise to God that we are alive, those of us who have survived.**
> Lami Musa, 27, as she cradled her five-day-old baby girl

"I think those killed there were about 10," said Bulama.

Other women died from stray bullets, she said, naming three she knew.

At the camp, 21 girls and women with bullet wounds and fractured limbs were taken to the city hospital after they arrived Saturday evening.

The women and children were rescued by the military from the Sambisa Forest, the last stronghold of the Islamic extremists.

THE ASSOCIATED PRESS

EARTHQUAKE

Nepalese authorities close main airport

Runway damage forced Nepalese authorities to close the main airport Sunday to large aircraft delivering aid to millions of people following the massive earthquake, but UN officials said the overall logistics situation was improving.

The death toll climbed to 7,250, including six foreigners and 45 Nepalese found over the weekend on a popular trekking route, said government administrator Gautam Rimal. Nepal's tourist police said 57 foreigners have been killed in the April 25 quake and 109 are still missing, including 12 Russians and nine Americans. THE ASSOCIATED PRESS

OTTAWA

An Ottawa woman who was trekking with friends in Nepal when the earthquake struck has returned home safely. Faye Kennedy, 32, was going through Langtang National Park, north of the Kathmandu Valley.

ITALY

Coast guard rescues hundreds of migrants

Italy's Coast Guard and Navy as well as tugs and other commercial vessels joined forces to rescue migrants in at least 16 boats Sunday, saving hundreds of them and recovering 10 bodies off Libya's coast, as smugglers took advantage of calm seas to send packed vessels across the Mediterranean.

The Italian Coast Guard said the bodies were found in three separate rescue operations off Libya's coast. The Coast Guard was being aided by a tug and a merchant ship in at least some of the rescue efforts. In one of those rescues, a cargo ship found three migrants dead and 105 survivors on a dinghy in the waters north of Tripoli, Libya.

THE ASSOCIATED PRESS

IN BRIEF

Three shot near contest for Muhammad cartoon

Two armed men who opened fire on a security officer outside of a provocative contest for cartoon depictions of the Prophet Muhammad have been killed, authorities in the Dallas suburb of Garland said Sunday night.

A City of Garland facebook page statement did not say whether the shooting was related to the event. The security officer's injuries were not life-threatening, the city said. THE ASSOCIATED PRESS

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CARDEL HOMES

BURUNDI SYMBOLIC SILENCE Journalists with tape on their mouths gather on Sunday in Bujumbura, Burundi, for World Press Freedom Day. In the wake of demonstrations protesting against a move by President Pierre Nkurunziza to seek a third term, the government shut down access to some social networks and closed a private radio station.
JEROME DELAY/THE ASSOCIATED PRESS

Coalition lands in Yemen

MIDDLE EAST

Egypt admits for first time it has deployed troops in area

With helicopter gunships hovering overhead, at least 20 troops from a Saudi-led Arab coalition came ashore Sunday in Yemen's southern port city Aden on what military officials called a "reconnaissance" mission, as fighting raged between Iranian-backed Shiite rebels and forces loyal to the nation's exiled president.

It was the first ground landing by coalition forces since the start of the Saudi-led air campaign against the rebels and their allies — forces loyal to ousted President Ali Abdullah Saleh — who have captured most of the north and marched on southern provinces over the past year.

In Cairo, meanwhile, Egypt — a key coalition member named as a likely participant in any ground offensive in Yemen — acknowledged for the first time that it has deployed troops in the Gulf region and the Red Sea as part of the coalition.

Yemeni military officials said the coalition troops would help train forces loyal to the country's internationally recognized leader, President Abed Rabbo Mansour Hadi, who has been in exile since he fled Aden in March. They would also try to identify an area that could serve as a "green zone" from which Hadi and his government could operate when they return.

The Western-backed Hadi fled to neighbouring Saudi Arabia in March, just a few weeks after he fled the capital, Sanaa, which was captured by the rebels, known as Houthis, in September.

Saudi officials declined to comment on Sunday's landing. However, military and security officials have repeatedly said a ground operation would follow the Saudi-led air campaign that began on March 26, after the military capabilities of the Houthis and their allies had been sufficiently weakened.

Yemeni officials said streamlining the militiamen fighting the Houthis in Aden was a key step toward establishing a coherent force to which a coalition expedition could lend support.

The coalition troops included black-clad masked men as well as Yemeni expatriates wearing military-style shorts and landed in a central area between Aden's neighbourhood of al-Mansoura and the airport, said the Yemeni officials and witnesses reached by The Associated Press inside Aden.

The officials, who include a top army commander based in Aden and loyal to Hadi, spoke on condition of anonymity as they weren't authorized to brief journalists.

The troops included Yemenis who had been serving in the armed forces of Gulf Arab members of the coalition and were likely serving as guides, the officials said. THE ASSOCIATED PRESS

TEL AVIV

Protests over police brutality boil over

A mostly peaceful protest mounted by thousands of Israel's minority Jewish Ethiopian community against racism and police brutality became violent after nightfall.

Tel Aviv media reported protesters tipped over a police vehicle and set fires near city hall. Police used stun grenades and horseback officers to try to control the crowds. At least 20 officers were hurt, a police spokesman said.

Israel's Ethiopian community was angered when footage emerged of an Ethiopian Israeli in an army uniform being beaten by police last week.

Public Security Minister Yitzhak Aharonovich told Channel 2 the officers caught in the footage are "a disgrace" and are being investigated.
THE ASSOCIATED PRESS

FRANCE

National Front critiques EU immigration policy
Far-right National Front leader Marine Le Pen says France should send migrants back across the Mediterranean Sea to stop them from taking dangerous boats to European shores.

Criticizing European immigration policy, she said on Europe-1 radio Sunday that France should send migrants back to their port of departure so "traffickers know that no migrant will come ashore on our coasts."

European ships rescued nearly 3,700 migrants on Saturday alone.

Le Pen also said her outspoken father, party founder Jean-Marie Le Pen, who is facing a party disciplinary board Monday for anti-Semitic remarks, "should no longer speak in the name of the National Front."
THE ASSOCIATED PRESS

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Parties prepare for coalition

U.K. ELECTION

Polls predict Conservative or Labour minority

With just a few days till Britain's May 7 election, leaders of the country's main political parties used the weekend to win over undecided voters in what is expected to be the most unpredictable election in decades.

Most opinion polls suggest that the ruling Conservatives and their main opponents, the Labour Party, are neck and neck, each hovering around the 30 to 35 per cent mark. If no party wins a majority, some form of coalition appears likely.

In a speech to activists, Cameron said he is the "only option" to avoid a power-sharing deal between Labour and the separatist Scottish National Party — a "calamity for our country," he warned.

Cameron and other party leaders set out their "red lines," or issues they say they wouldn't compromise on should they enter into a governing pact with another party.

The prime minister insisted that if his party wins power again, he wouldn't bargain away their insistence to hold an "in-out" referendum on Britain's European Union membership. Cameron has long said that he wanted Britons to decide whether they want to stay or leave the EU by the end of 2017.

"Come what may, I will not be PM of a government that does not deliver that referendum," he said.

He also appealed to supporters of two smaller parties, the U.K. Independence Party and the Liberal Democrats, to vote Conservative.

Meanwhile, Labour leader and aspiring prime minister Ed Miliband unveiled what election promises his party had carved in stone — literally.

Miliband showed off an eight foot tall limestone monument listing his key manifesto promises, including immigration control and higher living standards for working families.

"We will restore faith in politics by delivering what we promised at this general election," he said.

Cameron mocked the idea, calling it Miliband's "tombstone." THE ASSOCIATED PRESS

British Prime Minister David Cameron receives a kiss from a woman as he arrives Sunday to watch the Tour de Yorkshire cycle race during campaigning in the lead up to the parliamentary elections on May 7. JON SUPER/THE ASSOCIATED PRESS, POOL

A calamity for our country.

Prime Minister David Cameron, on the prospect of a Labour/SNP coalition

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Insurers warn of Airbnb risks

INSURANCE

Many policies do not cover homes rented to strangers

Airbnb may seem like a fast route to a quick buck for Canadians who own properties in popular travel destinations, but renting out a home to strangers can be perilous.

A Calgary family learned that lesson the hard way last weekend, when their home was trashed amid a "drug-induced orgy" by hard-partying renters and deemed unlikely to be habitable for months due to biohazard concerns. Property damage was assessed at around $75,000.

While the U.S.-based company is covering the costs, insurance companies are urging those pondering the Airbnb route for this summer, especially in cities like Toronto where an influx of visitors is expected for the Pan Am Games, to slow down and get informed.

A reality check is particularly important because the vast majority of property insurance policies don't bank on people handing over the keys to their homes to complete strangers, Steve Kee of the Insurance Bureau of Canada said in a telephone interview.

"You really need to check with your insurance representative to find out what you're covered for and what some of the risks may be," he said. "Each company may have slightly different ways that they would apply this."

The occupants of a home, Kee added, have to level with their insurance companies about their plans.

There are usually specific coverage options for properties that are known to be available for rent, he said. The policies typically protecting a person's primary residence, however, are based on a vastly different set of assumptions.

"If you have a home policy, you are covered for the fact that you are living there, and from time to time friends and family may come and stay with you," Kee said, adding that coverage rules can cease to apply the moment the homeowner vacates the premises and leaves it in the hands of others.

Insurance companies are warning homeowners looking at renting out their premises through Airbnb that regular home insurance policies may not provide coverage. GETTY IMAGES

Some industry watchers believe the time is right to start drafting guidelines for a business model that, despite the odd bout of bad press, shows no signs of flagging.

Gabor Forgacs, associate professor with Ryerson University's School of Hospitality and Tourism, said companies like Airbnb are founded on a universally appealing principle — the desire to either make or save money.

People renting their property stand to turn a tidy profit, while consumers taking advantage of their offers often wind up paying far less than they would through a more traditional arrangement.

"I don't expect any major changes in the business model," Forgacs said. "As long as the economic reasons are there, these business models are sensible to a growing number of people."

THE CANADIAN PRESS

REGULATIONS

Quebec looking at taxes

At least one Canadian province has begun mulling the idea of regulating an industry that has up until now been something of a Wild West. The lack of regulations governing the evolving shared rental economy has landed on Quebec's political radar.

Earlier this week, Tourism Minister Dominique Vien said the province wants to make people pay taxes if they rent out their homes or rooms for profit, and subject them to the same regulations as registered hoteliers.

ENTREPRENEURS

Pint glass saves beer from sun

The boys behind BRU-V are on a mission to save beer, one glass at a time.

You might spot the business and design graduates at beer festivals in Ontario this summer, touting amber pint glasses and wanting to chat about the science behind suds.

Their company, BRU-V, a Toronto startup, is selling UV-protected glasses to keep beer from turning skunky in the summer sun.

When beer is exposed to UV light, it triggers a photochemical reaction that creates 3MBT (3-methylbut-2-ene-1-thiol), a molecule that not only smells like a skunk's odour, but also changes the taste of beer almost instantaneously.

Drinking from UV-protected glasses means the beer tastes "just how the brewmaster designed it," BRU-V co-founder Alan Wood, 27, said.

Wood and his fellow business partners, childhood friend Michael Mavian, 27, and university mate Ian Ritchie, 30, found what they saw as a hole in the market for UV-protected beer glasses in the summer of 2011.

Fast forward four years, and their first shipment of glasses is on sale in bars and gift shops around Toronto. The trio will receive their second batch in July and plan to sell the glasses for $15 a pop at upcoming beer festivals, while educating drinkers for the patio season.

Ian Ritchie, left, and Alan Wood have created what could be a big hit on patios this summer: a glass that keeps beer from being tainted by the sun. COLIN MCCONNELL/TORSTAR NEWS SERVICE

BRU-V launched a Kickstarter campaign last June, selling 2,000 UV-protected beer glasses worldwide and raising $36,000.

When they tried to find a manufacturer to make their product, they claim they were bullied out of the North American glassware market with threats that they would need upwards of $80,000 to break into the industry.

"They all said we would never get this done, but we were determined, so we turned to China," Wood said.

After lengthy negotiations with a Chinese manufacturer, they received their first full batch of glasses in February of this year.

The amber BRU-V glasses are hand-blown, with a thin bottom and a wide rim. Most important to the founders, they are truly pint sized.

"A lot of love goes into beer. A brewer protects it when they brew it, package it and ship it out, but it all falls apart as soon as you pour it into a clear glass and step outside," Wood said. "This product is about that final leg and beer tasting how it should taste."

TORSTAR NEWS SERVICE

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Monday, May 4, 2015

#MYMETRO

Neal Leithead, Winnipeg

Where are you going?
Heading to breakfast with friends.
What are you up to today?
It's my day off, so I'm probably going to go for a bike ride later and take a nap.
What is your commuting routine?
I mostly drive during the week, but when I take the bus I always grab a copy of Metro Winnipeg to pass the time.
What place should someone new to the city visit?
In the summer I spend a lot of time at Assiniboine Park.
Correction: In last week's #MyMetro, the age of Heather Gautreau of Halifax was incorrectly published. She is 33. We apologize for the error.

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.

Calgarians have never been afraid of change

KLASZUS' CALGARY
Jeremy Klaszus

Stick with the devil you know, Calgary voters. Elect outsiders, and risk ruin.

We've been served that same message, in one form or another, for over a century — and it's getting old.

Calgarians are not normally given to taking chances in elections. Yet when we do go our own way, things work out OK. Splendidly, even.

When Calgarians chose Naheed Nenshi for mayor over veteran city councillor Ric McIver in 2010, the world did not end.

Arguably, our city got the right leader for the right time.

And yet that tiresome refrain — choose the same old, or face mayhem — just won't go away. It emerged again on the weekend when the Herald and Sun newspapers urged voters to elect Jim Prentice's PCs because, well, they're the "only viable choice," other parties are untested, handing power to anyone but the PCs is risky, yadda yadda yadda.

We've heard it all before. Let's go back to 1921, the first time the provincial government changed hands, from the Liberals to the upstart United Farmers of Alberta. "Calgary women should elect government supporters," advised a political ad in the Calgary Daily Herald before the Liberals were booted from power. "Your choice is between an honest, efficient government and the unknown. MAKE NO MISTAKE."

Sounds familiar, doesn't it?

Let's jump ahead to 1971, the last time the provincial government changed hands, from Social Credit to the PCs.

The campaign that year was a snoozer — a harvest election, held at the end of August. And yet, the governing party was worried as a Calgary lawyer named Peter Lougheed garnered attention.

To deter voters from Lougheed's ascendant PCs, Social Credit urged people to choose "experience" over newbies. "Electing a government is a big decision," lectured one Social Credit ad that ran in the Herald. "A serious one. Let us not confuse showmanship with leadership. Elect a government with experience."

In the face of Lougheed's magnetism, Social Credit also tried to sell its leader, Harry Strom, as "a new kind of leader." (We've heard that one before).

Finally, less than a week before voting day, Strom played the only card he had left: the NDP bogeyman. If the PCs are elected, he predicted, they would pave the way for an NDP government.

"The NDP leaders want a Conservative government because they know that the Conservatives are not a party of the people — they are a party of special privilege and special interests," Strom predicted. "The socialists would have a field day against such a party."

Strom may yet be proven right on that. But in 1971, he was on the wrong side of history. Lougheed won in a landslide, taking most Calgary ridings. Mayhem did not follow. Alberta thrived under the rookies.

Calgarians weren't scared of change then. Should it happen Tuesday, they needn't be afraid of it now.

Jeremy Klaszus is a freelance journalist and stay-at-home dad. He tweets at @klaszus.

ROSEMARY WESTWOOD

metroview

Beyond 'boyfriend': Why it's so hard to label the one you love

I hate the word boyfriend.

It's juvenile. Flippant. It makes me feel 12 years old again. I wouldn't go back there if you offered me a first-class ticket. (And I've never even flown first class.)

For someone who's in love at (almost) 30, boyfriend is a throwback to the boy who gave me a plastic bracelet in Grade 5, the two-week beau in junior high and, later, a nine-year string of monogamous relationships.

Then, there were the six years of dating — hands-down the most linguistically rich of relationship years.

In our anxiety not to put the boyfriend/girlfriend label on every person we grab a drink or a romp in bed with, people in their 20s have devised a dizzying and enviable array of terms for what they're getting up to.

Slampiece. Fling. One and done. Bar hookup. Friends with benefits, f--k buddy, booty call, one-night stand.

Sex and relationship researcher Jocelyn Wentland has found 17 common terms like these. What sounds like cheap slang is actually a sophisticated code, she discovered. Her research shows most people agree on the nuances between friends with benefits, for example, and booty call.

The labels are important ways for people to understand the relationships they're in, she argues; an elaborate language to reflect the messiness of dating life.

"People are out there fumbling around in the dark," she told me.

The linguistic fun stops when people get committed (bae — short for babe — holds zero creativity). That's despite the fact that the messiness doesn't go away, though it may become more of a private matter.

I've been through that dating quagmire. I've grown, and I've found what I want. Depressingly, it comes with the same term it had when I was in training bras. And there are no good alternatives.

Hubby sounds like a stuffed toy. Partner is too vague, too politically correct, too businesslike. Significant other has far too many syllables. "My man" sounds like I'm a character in Show Boat (though in private, I'll admit, I say it to him).

The labels don't bother C., the man for whom I can't find the right words.

"You don't like the term, 'The human being I'm currently sharing my life with?'" he joked when I told him he's not my boyfriend. Finding the right label is only part of our "pitiful attempt to understand these deep things," he said. Even so, as we chatted, he came around to the right diction, despite himself.

"My love is the only word," he said. "Everything else is just dressing."

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Fabulous fashion will once again take a twirl on the red carpet at tonight's Met Ball

After college, McHale is a standup kind of guy

GETTY IMAGES

COMEDY

Community star Joel McHale takes his snark for a solo spin

Jennifer Friesen
Metro | Calgary

Fresh out of the gate after filming the final season of Community, Joel McHale is making his way through the prairies for a solo standup comedy tour.

Despite being most well-known for his role as a college study group's devilishly suave ringleader in Community, McHale has been around the comedy scene for years.

He joined The Soup as host in 2004, doling out a pop-culture recap for the week, but with a comic spin.

When asked about his first foray into standup nine years ago, McHale laughed and said he was "a terrible comic."

He started off hosting comedy shows, dropping a few jokes in between his friend's sets, but after about six months, he had enough for his own set and took up his first time slot in Santa Monica.

"Standup is a completely different beast," he said. "It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding."

Ever since Community ended, McHale said he's been out every week flexing his standup muscles at different clubs.

Now, after two months of gearing up, he said he's ready to fly back into the game headfirst.

"It's like getting ready for a season of some sport, where you have to work at it and get into shape," he said.

Standup is a completely different beast. It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding. Joel McHale

But despite any lingering nerves, the comedian said after hosting the White House Correspondents' dinner last year, he doesn't know if he'll ever really be nervous again.

"I mean, after that, I feel like I could disarm a bomb," he laughed. "I don't know if I'd say I get nervous, I do get very excited."

McHale is known for his witty straight-faced snark while picking apart the latest endeavours in pop culture. He said parents told him he was always trying to get a laugh when he was young, but he said that the roots of his sense of humour come from a place of "fear and panic."

"I wanted to be an actor very early on in my life," he said. "And I kept thinking 'I'm going to do this until I have to get a real job.' And I've had to get real jobs here and there when I was growing up, and when I was in my 20s, but I've been insanely blessed that I get to work in the field that I work in. I get to do what I love."

EVER GREENDALE

Spirit of cult series lives on

As far as future plans go, McHale said there are no plans for Season 7 of Community, but the possibility of the show making a comeback and "talk of a movie," are still lingering.

"I know Yahoo wants to do it, and I would love to do it, so we'll see," he said.

The cast of Community.

TOUR STOPS

Two Canadian shows

McHale will take the stage in Calgary on May 8 at the Southern Alberta Jubilee Auditorium before finishing up the trip in Winnipeg on May 9, performing at the Burton Cummings Theatre.

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GETTY IMAGES

Beyoncé Princess Kate Jr. Olivia Elizabeth Alice #RoyalBaby Daenerys George Victoria Alexandra Claire the Spare Camilla Charlotte Diana

NEWBORN PRINCESS

What will the royal couple name their latest addition?

Princess Charlotte has a certain ring to it. Or how about Princess Alice?

Britain's newborn princess, the second child of Prince William and the Duchess of Cambridge, has spent her first night at home in London's Kensington Palace, but the guessing game continued Sunday over what her name will be.

When the baby's older brother, Prince George, was born in 2013, the royal couple took two days to reveal his name, waiting until after Queen Elizabeth II had met her new great-grandson.

Meanwhile, Britain's legal bookmakers have been busy taking in thousands of bets for the baby's name. For weeks, they have been saying that Alice is the clear favourite. But in recent days Charlotte, the feminine form of Charles, has become the frontrunner.

Other top possibilities included Olivia, Victoria, Elizabeth, Alexandra and Diana, the name of William's late mother.

The newborn may herald a new generation in the monarchy, but it is customary for royals to look to their past for name ideas. The repetition of names in each generation is at least partly an effort to preserve the continuity of one of the world's oldest institutions.

THE ASSOCIATED PRESS

GUESSING GAME

Ned Ehrbar
In Hollywood

Let's make up names!

We're living in that glorious heady and fleeting time the little princess could be called anything. And you know what that means: Time for some baseless speculation! Sure, the odds-makers over in Great Britain are heavily favouring either Charlotte or Alice, and a lot of sentimental folks are hoping for Diana, but we have some suggestions of our own for Will and Kate to consider. We hereby theoretically dub the latest addition to the royal family Princess ...

1. Beyoncé
2. Daenerys
3. Kate Jr.
4. Claire the Spare
5. Camilla
6. George
7. Princess
8. No, really, Daenerys
9. #RoyalBaby
10. Ultron

OK, fine. What do you think the new princess should be named?

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The downward spiral of debt

OUT-OF-CONTROL CREDIT

Have unpaid loans? Then it's not your money you're spending

MONEY MATTERS
Gail Vaz-Oxlade
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Stop spending money you haven't earned yet.

When you charge something on your credit card and don't pay your balance off in full at the end of the month, you're spending money you haven't earned yet. And it's only a matter of time before all those minimum payments end up squeezing your cash flow.

You can't afford to pay cash for that couch or vacation now, but you'll be able to at some future date? Gosh, how can you be so sure your future will bring more money to let you cope with your bills and the spending you did in previous months or years?

Canadians are carrying record levels of debt on our lines of credit, our credit cards, and loans. Why? Simple: We've forgotten how to live within our means. We're ricocheting out of control, spending money we've yet to earn. We're buying stuff we think we need, when all we're doing, really, is scratching our consumer itch.

Know the red flags

The fact that we can't seem to get to the end of the month before we get to the end of the money should be our first clue.

Are the balances on your credit cards or lines of credit rising? Yes. Then you're living beyond your means. Paying only the minimum on your credit cards or lines of credit while you continue to increase the balance you owe is a sure sign you're on a downward spiral.

When, exactly, are you going to have the money to finally get rid of the debt? Is some magical wand-waving fairy godmother going to pop into your world and whoosh away your debt? Or do you figure that a windfall is in your future? Hey, WAKE UP! If you have a $5,000 credit card balance at 18.9 per cent and make a minimum payment of just 2.5 per cent per month, you'll end up forking over almost $8,000 in interest over the 25 years it takes you to pay off the balance.

> **Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month.**

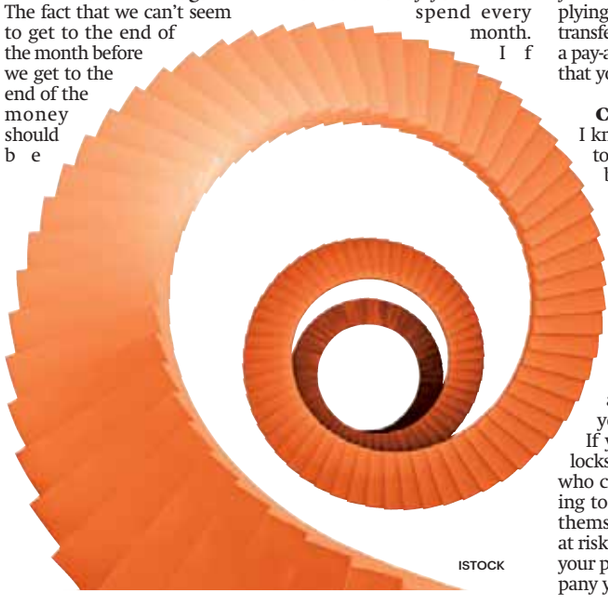
Are your cards maxed out leaving you worried that they're going to get declined? Then you're living beyond your means. You don't think being in debt is worse than the embarrassment you'll suffer? Good lord, wake up!

Are you constantly in overdraft? Yes. Then you're living beyond your means. Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month. If you dip into overdraft for more than two days a month, you're developing a bad, and very costly, habit.

Are you missing payments on bills? Then you're living beyond your means. This is a sure way to ruin your credit rating and increase your interest costs. If you don't have a handle on what your monthly bills are, and what it'll take in income to keep current, then it's time to get with the program. Get out all the bills that have to be paid every month and make a list. Rank the bills in order of priority. You have to pay your electricity bill, but you don't have to have premium cable (or any cable for that matter.) Okay, now deduct your have-to-pay amounts from your monthly income in order of importance. When you run out of money, cancel everything else.

Are you borrowing money from family and friends? Then you're living beyond your means. Seriously, what makes you think you have the right to spend all of your money, and then start spending the money other people have worked hard to make? Grow up!

Are you taking cash advances on your credit cards or using services like pay-advance stores? Yes. Then you're living beyond your means. Cash advances, applying for new cards so you can transfer balances and heading to a pay-advance store are all signs that you're in big trouble.



ISTOCK

Change your mindset

I know you've found it easy to get credit. Lenders have been throwing credit at us for years and it's been so easy to say yes. I know it's nice to have what you want when you want it. I know everyone else is using credit like it's disposable income.

But just because all the people you know are walking along the edge of a precipice doesn't mean you should follow them. If you've been walking in lockstep with a bunch of fools who can't control their spending to the point that they put themselves and their families at risk, then it's time to change your pace, and maybe the company you keep.

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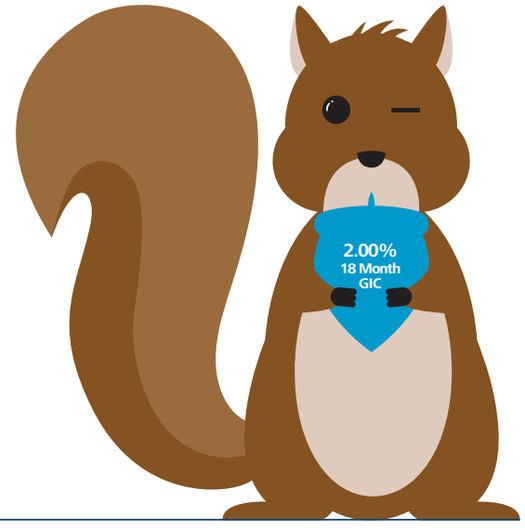

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TECH

Copyright litigation sinks Grooveshark

2006

The year Grooveshark was founded, by three students at the University of Florida as one of the first sites allowing users to listen to free music on-demand.

Grooveshark, an early leader in music streaming that enraged major labels by letting users upload copyrighted songs, abruptly shut down late Thursday after years of litigation.

Amid the rapid growth of streaming services such as Spotify that co-operate with the music industry, Grooveshark's website went dark as the company avoided potential penalties in the hundreds of millions of dollars.

Grooveshark, which claimed 30 million monthly users, said in a message on the site that it had reached a settlement with record label conglomerates to cease operations and hand over copyrighted song files.

"...Despite best of intentions, we made very serious mistakes. We failed to secure licenses from rights holders for the vast amount of music on the service," the message said. "That was wrong. We apologize. Without reservation," it said. AFP

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Tributes pour in for well-loved tech CEO

IN MEMORIAM

Husband of Lean In author Sheryl Sandberg died suddenly on vacation

David Goldberg, a popular Silicon Valley executive and husband of Facebook second-in-command and Lean In author Sheryl Sandberg, has died suddenly at age 47, his company and family members said Saturday.

Goldberg was CEO of online survey questionnaire provider SurveyMonkey. He died Friday night, the company said in a statement on its website.

Neither the company nor family released a cause or other details about his death. Facebook founder and CEO Mark Zuckerberg told The New York Times that Goldberg died while he was on vacation abroad with his wife.

"Dave Goldberg was an amazing person, and I am glad I got to know him," Zuckerberg wrote on his Facebook page. "My thoughts and prayers are with Sheryl and her family."

In 2004, Goldberg married Sandberg, another longtime tech executive who now serves as Facebook's chief operating officer.

Sandberg launched an international conversation about the dearth of women in positions of power with her 2011 book Lean In.

Adam Lashinsky, Fortune writer and author of Inside Apple, wrote in an obit "you just don't meet many people who are talented, successful, bright, kind, humble, and universally admired and liked."

Goldberg's brother asked on Facebook for friends and families to post their memories on David Goldberg's Facebook page. Tributes rolled in from people who wrote of meeting him during his long tech career.

THE ASSOCIATED PRESS

Sheryl Sandberg and David Goldberg at a tech conference in Idaho last year. GETTY IMAGES

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English striker Daniel Sturridge arrives for a soccer match wearing his headphones. Whether you're working out or in a busy office, noise-cancelling headphones are the best way to block out distractions. PAUL ELLIS/AFP/GETTY IMAGES

How to survive an open-concept office

COPING MECHANISMS

There's pitfalls to having no walls, but you needn't suffer

OFFICE RELATIONS

Eleni Deacon

Open-concept veterans know the pluses of the no-partition workplace: more collaboration with colleagues, a more level playing field with your boss, more friendly vibes overall.

But there are pitfalls to an office with no walls.

With no way to isolate your desk from the rest, the non-stop hubbub can take a hefty chunk out of your productivity. Here's how to stay on task amid the day-to-day chaos.

Regardless of your field or employer, all open-plan workspaces share an unavoidable trait: They're noisy. Someone, without fail, will have a room-filling phone voice. Computers will ping and bleep. And the chatter — whether about work or what happened last weekend — will be more or less constant. You can't stop the noise, but you can stop yourself from losing focus.

Headphones are a must. Not $7 earbuds — proper noise-cancellers that can muffle the surrounding clatter.

If music is too distracting, try white noise: There are plenty of apps that will help you get stuff done to the soothing sounds of TV static or pouring rain.

For projects that require silence and space, try a brief sneak-off to an unoccupied meeting room. A little distance — both from your regular view and other humans — might be a quick way to get things tackled.

Because another common open-concept complaint is the lack of privacy.

> **While some workers thrive in the presence of colleagues, others get claustrophobic without an escape from other faces.**

This one is trickier to resolve. While some workers thrive in the presence of colleagues, others get claustrophobic without an escape from other faces. If you count yourself among the latter group, make sure to clear your head throughout the day. Go for a walk or eat lunch solo — whatever will keep your mood up and your mind nimble.

One of the main goals of open-plan spaces is increased communication, so don't hesitate to communicate your own needs.

If loud conversations are cramping your efficiency, politely ask your colleagues to keep it down. If your desk mate's space is a graveyard for takeout wrappers, it's not out of line to gently ask him to tidy his mess.

A key danger of open-concept offices is not necessarily the frustration that will inevitably percolate, but the passive aggression and resentment that can fester if it's not addressed. Speak your mind before hating everyone for speaking too much.

And on that note, check your own conduct. It's one thing to be irked by your neighbours' excessive noise. It's another to be irked but still excessively noisy yourself.

NEW GRADS

Glamour rounds up advice on getting your dream job

The weeks before a student's college graduation can be equal parts exciting and terrifying as college seniors eagerly prepare themselves for life in the working world and their first jobs.

"What you study is not necessarily where you'll end up in life," notes Malena Higuera, the senior vice president of marketing for L'Oreal Paris.

Higuera was one of the guests at a recent panel entitled How to Get Your Dream Job — The New Success Secrets for 2015 hosted by Glamour magazine.

Other guests on the all-star panel included Transparent star Gaby Hoffmann, First Lady of New York City Chirlane McCray and the best-selling novelist Jennifer Weiner.

We've rounded up some of their best advice for new grads:

First Lady of New York City, Chirlane McCray. GETTY IMAGES

Seek happiness, above all else: "My only ambition was to be happy, and to do so, I knew that I had to act," says Hoffmann.

"I needed to know myself and figure out what I really wanted. I didn't do anything for a while and then started taking every single job. This is when I realized that acting was what made me happy and where I wanted to be in life."

Look to learn on the job: "I started at a crappy newspaper where I would cover every single thing for two and a half years before I decided to leave," recalls Weiner. "This experience was the best I could have ever had because it gave me the foundation of my actual job. My advice is to start small so you won't get disappointed later on."

Embrace the teachable moments: It's especially important, says McCray, to "push past your comfort zone and get out there. Make mistakes. You'll learn from them." Weiner echoes the sentiment. "You are going to learn from bad experiences so don't be scared to take risks," she says.

Special honours: Glamour magazine also honored NYU junior Mansi Prakash, who was declared the grand prize winner of the magazine's Top 10 College Women 2015 contest. Prakash's nonprofit Brighter Today is working to bring electricity to every home in India by sending environmentally friendly light bulbs to small villages. JOANNE REINARD/METRO IN NEW YORK

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metro
Camp Guide
Monday, May 4, 2015

Spaces are filling up fast

Lucy Haines
For Metro

Summer camps are great for keeping kids active, as well as exposing them to new experiences. SHUTTERSTOCK

Though many summer camps are filling steadily, there is still space available in most. Here are a few local camps that are taking registrations.

SAIT summer camps, for youth in grades 4-12, is known for hands-on learning and non-traditional offerings for aspiring culinary artists, scientists, business leaders, athletes, engineers and more. Most camps are one week long and are taught by SAIT instructors or industry professionals.

SAIT's latest numbers show that more than 75 summer camps are 67 per cent full. Space is still available in capture the sun camp, which explores the technology behind solar energy and provides a chance to build your own solar-powered race car. The same goes for the girls camps, which empowers young girls to follow talents and discover new skills.

Celebrating 25 years, MRU kids summer camps offer sports, art, computers, science, theatre, leadership and more to kids aged five to 17 through one- and two-week camps running all summer at Mount Royal University. Popular sport camps are filling up fast, according to Mount Royal staff, though space is available in all camps.

New this year, Mount Royal offers a leader-in-training two-week course for 13- to 17-year-olds — a fast-paced look at CPR first aid, developing a lesson plan, creating a resumé and cover letter, as well as rock climbing and swimming thrown in for good measure.

YMCA Calgary offers day camps, including swim camps, indoor climbing and general camps with field trips. These one- and two-week camps still have space available, as does YMCA Camp Riveredge, which YMCA Calgary communications manager Carollyne Cheng calls the "best kept secret" in the city. The outdoor summer day camp is located along the Elbow River near Sandy Beach in the heart of Calgary, and aims to give campers aged six to 15 a chance to explore their natural surroundings while experiencing the great outdoors and meeting new friends. Space is available, especially in the older age groups.

Always affordable, the City of Calgary day camps offer themes like zombies and ninjas and activities like swimming, climbing, gymnastics and more. There is a junior golf camp, learn-to-sail camps and half-day camps for the younger set.

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Not only do children gain valuable outdoor and social skills at summer camps, they also gain independence, self-esteem, confidence, creativity and leadership skills. SHUTTERSTOCK

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Rewards of going to camp

Lucy Haines
For Metro

Many families look to the ever-expanding assortment of camps to occupy their children during the summer. Not only are there a variety of themes and courses available for learning enrichment, socializing or getting active, it beats sitting on the couch in front of the TV or computer while mom and dad have to work.

"There are so many benefits for children and youth at overnight and day camps," said YMCA Calgary communications manager Carollyne Cheng. "Not only do they gain valuable outdoor and social skills, they also gain independence, self-esteem, confidence, creativity and leadership skills."

Cheng said camps offer safe and positive environments, where youth can learn about teamwork, making choices, knowing personal limits and risk-taking.

"And in this day and age, it's important to unplug from technology like cellphones and enjoy active play in natural surroundings," she said.

The City of Calgary's Michelle Tait agrees, saying camps offer teens great volunteer opportunities, helping younger campers or earning a free berth in a camp while helping out.

"It's an affordable way to socialize, learn skills and get away from the TV," Tait said.

Experts weighing in on the benefits of summer camps are unanimous about the positive effects, such as building a lifelong social network that might someday help with jobs and a career path, or informal learning through play and maturity that comes with testing limits.

Then there is the great outdoors as a cure for "nature deficit disorder," as described by author Richard Louv, who stresses the importance of nature in our changing society.

"Today, kids are aware of the big picture global threats to the environment, but their physical contact, their intimacy with nature, is fading," he said. "A child today will be hard-pressed to describe the last time he or she explored the woods, or lay in a field and listened to the wind and watched the clouds move."

The rewards of a camp experience are many, experts say. Check out the overnight or day camp options near you.

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SAIT POLYTECHNIC

Which one to choose?

Jen Traplin
For Metro

Once you have identified your summer camp criteria, it's time to create a list of programs that meet your needs. SHUTTERSTOCK

With so many summer camps to choose from, picking the right one for your kids can often be a daunting and confusing task.

To figure out which camp best suits your child, the Ontario Camps Association (OCA) recommends parents start by sitting down as a family to answer the following questions:

- What do you and your child want to gain from the camp?
- What are the special interests that your child wants to explore?
- Are there any physical, intellectual or social limitations that should be considered?
- What kind of environment will your child benefit from the most?
- Is your child ready for an overnight or a day camp experience?
- What type of camp fits best with work schedules and family vacation times?
- What does it cost?

Once you have identified your family's summer camp criteria, it's time to create a list of programs that meet your needs — spend some time looking into what each camp has to offer, choose the ones you are most interested in and arrange to meet with the camp directors, who will be able to answer any questions you may have.

Lastly, feel confident in your decision; the OCA believes parents who send their kids to camp are giving them an experience that will reap benefits for years to come, and recent Canadian research backs that claim.

In 2011, a team at the University of Waterloo released the Canadian Summer Camp Research Project, a five-year study that looked at children's participation in summer camp.

That study concluded that attending camp "promotes positive change in five key areas of development — social integration and citizenship, environmental awareness, attitudes towards physical activity, emotional intelligence, and self-confidence and personal development."

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Unique opportunities

Lucy Haines
For Metro

There are now a wealth of opportunities for children of every ability to enjoy the experiences of summer camp. SHUTTERSTOCK

Special needs children often miss out on the summer camp experience many take for granted — the memories of swimming in the lake, a picnic at the park or going on field trips to outdoor festivals.

But over the years, parents and communities have advocated for and created a wealth of opportunities for children of every ability to enjoy the same summertime pleasures. As a result, numerous city day camps and overnight away camps exist across Alberta. Most of these are designed specifically for kids with special needs and are hosted by various groups representing cancer, autism, lung disease, etc.

For parents and their special needs child, there are several things to consider when looking at summer camps, starting with whether to attend a specialty camp or an inclusive, mainstream camp that accommodates kids with special needs.

"When you're considering a camp, ask yourself what you want your child to gain from the camp experience — is it to learn a new skill, gain confidence, become more independent, or make new memories?," said Brianna Hammington, operations assistant with the Edmonton-based AdaptAbilities.

The organization runs Hearts In Action, offering unique summer camp experiences for special needs children with the goal that every child deserves the opportunity to experience summer camp.

"We always start with an intake and learn about the child — what will best benefit them," Hammington said. "We want the best experience possible for the child so they will flourish. And the family knows the child will be in a comfortable and safe environment."

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Keeping your mind active during the summer can help when children return to school in the fall. SHUTTERSTOCK PHOTOS

Don't let your brain take a vacation

Jason Menard
For Metro

Regardless of whether your kids are preparing for structured activities, left to their own devices, or entering the workplace with a summer job, there are some opportunities for students looking to keep their learning momentum going throughout the summer.

While the desire of many students may be to take the summer to decompress, sleep into the afternoon, and turn their brains off, keeping their minds — and bodies — active and engaged throughout the summer season can help them hit the ground running once school starts again in the fall.

Like professional athletes, off-season work and exercise can lead to success in the fall.

Summer reading clubs help encourage students to build a summer full of projects, led by the stories they read.

And it's important to remember that structured learning is not the only way to keep students' minds engaged. Summer camps, ranging from traditional outdoors recreation to theatre and music programs, are plentiful.

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METRO CUSTOM PUBLISHING

Fun career camps for Metis youth

CONTRIBUTED

Rupertsland Institute provides opportunities for Metis youth (ages 15 to 17, who are returning to school in the fall) from across Alberta to participate in two exciting career camps this summer.

The well-established Environmental Career Camp (in partnership with Inroads Mountain Sports) is a working camp at Hinton's Black Cat Ranch, geared to those youth interested in experiencing outdoor career options.

Activities like rock climbing, horseback riding and canoeing are offered, and the sessions teach leadership, responsibility and teamwork--even providing a chance to earn high school credits and safety tickets.

New this year, the Exploring Culinary Opportunities Camp (partnering with NAIT) also runs at Hinton's Black Cat Ranch.

With the goal of providing participants with Emergency First Aid certification, career exposure and team-building, students will learn the basics of cooking, plus cooking over an open fire and using kitchen tools in addition to typical camp experiences.

"A lot of youth have first jobs in hospitality and the food industry. This camp can give them the skills to make an informed choice about whether they want a career in food service or the culinary arts," said Kristena Belcourt, provincial program manager of the Rupertsland Institute.

The Metis Training to Employment Centres are now recruiting for the limited spaces in both camps. Metis youth are encouraged to apply.

Mental health talk opening up

LET'S TALK

Change happening, but we still have a ways to go

JEN TRAPLIN
For Metro

After years of working to decrease stigma, it seems we may finally be making some headway when it comes to opening up the discussion on mental health.

"I think there's been something of a sea change in Canada and internationally over the last few years, in terms of the conversations that we have around mental health," said Dr. Erin Michalek, associate professor in the department of psychiatry at the University of British Columbia.

While some mental illnesses, like depression, seem to be very much on the public agenda, she feels other conditions, like bipolarity and schizophrenia, are still taboo, meaning many could be suffering in silence

"If we live in a society, work in a workplace or go to school where mental health conditions are highly stigmatized, people experiencing that are less likely to disclose a diagnosis and one of the consequences of that is they aren't able to get the support," Michalek said.

Dr. Simon Davidson, a child and youth psychiatrist and professor at the University of Ottawa, agrees with Michalek that Canadians are making good progress in destigmatizing mental illness, but that the fight is far from over.

"I do think youth in schools are more likely to feel comfortable talking about mental health," he said. "On the other hand, it just takes one bully and all kinds of re-stigmatization can happen so we still have a long way to go."

Perception is just part of the problem. Davidson said the country is drastically under-resourced when it comes to treating mental health, particularly with children and youth.

"When you compare Stats Canada data, a little more than three times as many children and youth in the 15 to 24 age range die by suicide than all forms of cancer combined," he said. "If you look at how quickly newly diagnosed cases of cancer get treatment and you compare that to how long the access times are for treatment of mental illness, we can only hope that, in the future, our kids with mental illness get intervention and treatment as quickly as those kids diagnosed with cancer."

CHANGE PERCEPTION

Addressing mental health in Canada

In 2007, the federal government created the Mental Health Commission of Canada (MHCC), whose mandate is to change perceptions of mental illness. The MHCC employs a number of initiatives, including the country's first mental health strategy and working to reduce stigma. For more information on the MHCC, visit mentalhealthcommission.ca.

While the conversation is changing across the country, more needs to be done to remove the stigma regarding mental health. SHUTTERSTOCK

Social media driving the conversation

JEN TRAPLIN
For Metro

When it comes to breaking down the barriers of discussing mental health, few platforms have been as successful as social media — hashtags like #sicknotweak, #endthestigma and #defeatdepression help fuel the conversation.

One of the most successful online campaigns, though, is Bell Let's Talk Day, which raised more than $6.1 million this past January.

For every tweet that included the hashtag #BellLetsTalk (as well as phone calls and text messages sent), the company donated five cents to Canadian mental health programs. More importantly, though, it engaged millions to publicly discuss mental illness.

"Social media allows unlimited reach and contact," said Michael Landsberg, host of TSN's Off The Record and spokesperson for Bell Let's Talk. "I have had interactions with strangers on the deepest level. I have given and taken. I believe social media has given me the chance to become a better person through having access to those in need."

Michael Landsberg. THE CANADIAN PRESS FILE PHOTO

A few years ago, Landsberg started using the hashtag #sicknotweak in his posts on Twitter, a phrase he often includes in his public speaking engagements. Online, he openly discusses his own battle with depression while encouraging others to reach out for help.

"I began to realize the enormous power that I have to change people's lives," he said. "But I am not unique — anyone with the desire to share can do what I do. Sharing saves lives, it's that simple."

CMHA'S 64TH ANNUAL MENTAL HEALTH WEEK MAY 4-10, 2015

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phine
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Lindsey Vonn announced on Facebook that she and Tiger Woods have broken up

Flames sink into 2-0 hole

NHL PLAYOFFS

Calgary coming home from Anaheim empty-handed

GAME 2 In Anaheim

3	0

The Flames' Joe Colborne misses his check on the Ducks' Clayton Stoner on Sunday in Anaheim. JAE C. HONG/THE ASSOCIATED PRESS

Frederik Andersen stopped all 30 shots he faced for his first post-season shutout as the Anaheim Ducks blanked the Calgary Flames 3-0 on Sunday to take Game 2 of their second-round series.

Anaheim now leads the best-of-seven matchup 2-0. The series shifts to Calgary for Game 3 on Tuesday.

Matt Beleskey, Hampus Lindholm and Nate Thomspon scored for the Ducks — spoiling a strong performance by goalie Karri Ramo, who got the nod in net over Jonas Hiller.

Ramo finished with 32 saves.

The Flames trailed 1-0 at the end of the first period, and it would have been worse if not for Ramo's efforts. He made a sprawling save to deny Ryan Getzlaf and a glove stop off Kyle Palmieri's shot in the opening five minutes, while Ryan Kesler hit the crossbar.

Beleskey finally broke through at 7:27 of the first on a odd-man rush started by Jakob Silfverberg. Kesler raced ahead and set up Beleskey to beat Ramo over his left glove hand.

The Ducks took 20 shots in the first to the Flames' nine, and some of their best scoring chances were not included in that disparity — notably Lindholm's failure to collect a Getzlaf pass that went tantalizingly through the crease.

Despite delivering their best period to date in the series, the Flames could not come up with the equalizer in the second. A Ducks turnover gave Mason Raymond the puck at point-blank range, but Andersen swallowed up his poor shot.

Corey Perry had two assists and now leads the league with 13 points this post-season.

THE CANADIAN PRESS

AROUND THE LEAGUE

Lightning 6, Canadiens 2
Tampa Bay struck four times on the power play and star centre Steven Stamkos ended his playoff scoring drought as the Lightning downed the Montreal Canadiens. The Lightning lead the series 2-0. THE CANADIAN PRESS

Blackhawks 4, Wild 1
Patrick Kane scored two goals, Corey Crawford made 30 saves and the Chicago Blackhawks beat the Minnesota Wild on Sunday night to take a 2-0 lead in the Western Conference semifinals.
THE ASSOCIATED PRESS

HOCKEY

Canucks dominate Germans at worlds

Taylor Hall and his Canadian teammates are getting used to the bigger international ice at the world hockey championship.

What they could do when they're totally comfortable is scary.

Hall had a hat trick to lead Canada in a 10-0 rout of Germany on Sunday, keeping the Canadians at the top of Group A in the international tournament.

"I think the coaching staff has done a really good job of preparing us for what it's like on this big ice and giving us tips and pointers on what the successful teams do over here," said Hall. "We're trying to incorporate that and I think we're doing a good job."

Cody Eakin had a pair of goals for Canada (2-0), while Aaron Ekblad, Claude Giroux, Tyler Ennis, Sidney Crosby and Matt Duchene also scored.

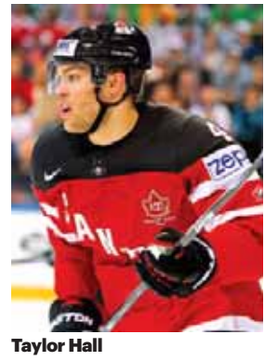
The Canadian team is made up entirely of NHLers, who are used to playing on standard North American rinks that are 200 feet by 85 feet. International rinks are also 200 feet long, but are significantly wider at 100 feet.

"It was a game where we were able to penetrate a little bit and that's always nice," said Hall. "In this big ice you want to get to the middle of the rink as quick as you can and get shots off.

"I think we're starting to figure out how to play on this ice and it's nice."

Canada earned a 6-1 victory over Latvia on Friday.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS



Taylor Hall
MARTIN ROSE/GETTY IMAGES

NBA PLAYOFFS

Warriors maul short-handed Grizz

Stephen Curry had 22 points and seven assists, and the Golden State Warriors wore down the undermanned Memphis Grizzlies in a 101-86 victory in Game 1 of the Western Conference semifinals Sunday.

Klay Thompson added 18 points to help the top-seeded Warriors roll to their 21st straight victory at raucous Oracle Arena. They led by nine at the half, 20 late in the third quarter and never let the Grizzlies build any momentum in the fourth.

Mike Conley
GETTY IMAGES

Game 2 of the best-of-seven series is Tuesday night in Oakland.

Memphis was missing point guard Mike Conley, whose left eye is still swollen as he continues to recover from surgery to repair broken bones in his face.

THE ASSOCIATED PRESS

IN BRIEF

Beal leads Wiz past Hawks
Bradley Beal shook off a sprained ankle to score 28 points and the Washington Wizards remained unbeaten in the post-season, knocking off the top-seeded Atlanta Hawks 104-98 Sunday in Game 1 of the Eastern Conference semifinals.

Otto Porter scored a couple of big baskets coming down the stretch and Marcin Gortat sealed it with a lay-in off a pass from John Wall with 14.6 seconds remaining. THE ASSOCIATED PRESS

MLB

Tribe come back to spoil Jays' big lead

Pinch-hitter Ryan Raburn's tiebreaking, two-run double capped a six-run fifth inning, Jason Kipnis had four hits and the Cleveland Indians overcame a five-run deficit to beat the Toronto Blue Jays 10-7 Sunday.

Kipnis also homered and drove in two runs for the Indians, who trailed 6-1 after a six-run fourth that included Devon Travis' first career grand slam.

Cleveland starter Trevor Bauer allowed six runs, seven hits and three walks in 4-1/3 innings. Toronto's Drew Hutchison gave up six runs and eight hits in 4-1/3 innings.

Russell Martin hit a solo homer off Cody Allen in the ninth. THE ASSOCIATED PRESS

ROAD WEARY

Toronto went 3-7 on its longest scheduled trip this season.

Floyd still in love with cash, but not boxing

Floyd Mayweather Jr. addresses the media after his unanimous decision victory against Manny Pacquiao. JAMIE SQUIRE/GETTY IMAGES

BOXING

Mayweather as candid as ever after points win over Pacquiao

The cheque was for $100 million, a payday so mind-boggling that Floyd Mayweather Jr. couldn't help but show it to a few reporters when the night was done.

The cheque will soon be cashed, adding to the millions Mayweather already has stashed in his bank accounts. It was actually just a down payment for his night's work, which could total more than $200 million by the time pay-per-view sales are tallied up.

The richest fight ever wasn't the best fight ever, but that wasn't entirely Mayweather's fault.

He did what he usually does Saturday night in a win against Manny Pacquiao that cemented his legacy as the best of his generation, even if he didn't win any new fans doing it.

Still, the fight will be a tough act to follow if only because of the staggering money it brought in.

Hard to imagine Mayweather fighting for a paltry $30 million or $40 million after a night he made history with the richest single payday any athlete of any sport has made.

He says he'll fight once more in September, then hang up the gloves. Mayweather says it's time to enjoy the fruits of his labour from a sport that has consumed his life since he was a kid throwing punches in Michigan.

"I don't really think I'll miss the sport," Mayweather said. "I don't even watch boxing. At one time I loved the sport of boxing. I wanted to go to every fight. But I just lost the love for the sport."

> **"I don't really think I'll miss the sport.**
> Floyd Mayweather Jr.

Before a well-heeled crowd of 16,507 that cheered every time Pacquiao threw a punch, Mayweather dominated late once again to pull out a decision win that seemed closer in the ring than it did on the scorecards.

Pacquiao even thought he won, though punch stats showed Mayweather landing far more punches and even throwing more than the usually frenetic Filipino.

Pacquiao would blame a shoulder injury for not being able to throw more right hands, though the excuse rang hollow.

"I cannot use a lot of my right hand but the fight was still good," Pacquiao said. "What we wanted to do we couldn't do because of my shoulder. But he's fast, he's a good boxer. Give the credit to him. He won tonight."

Pacquiao's trainer, Freddie Roach, said his fighter would like a rematch, but there is little chance of that.

Not with Pacquiao's shoulder injury, and certainly not after the perfect financial storm of a fight that cannot be replicated. THE ASSOCIATED PRESS

IN BRIEF

Comeback king McIlroy wins Match Play title

Rory McIlroy didn't need another comeback to win the Match Play Championship. Three times in the last three days, McIlroy had to rally to reach the championship match Sunday at TPC Harding Park. He removed any suspense by winning four straight holes against Gary Woodland. Woodland conceded the 16th hole, and McIlroy captured his second World Golf Championship with a 4-and-2 victory. Three weeks after Jordan Spieth won the Masters and emerged as the most likely rival, McIlroy reminded the world of his No. 1 ranking.

It was the first time since Tiger Woods in 2008 that the No. 1 seed won golf's most unpredictable tournament. McIlroy was 2 down with two holes to play and risked being eliminated Friday when he rallied against Billy Horschel to win in 20 holes. In a quarterfinal match that spilled into Sunday morning, he was 1 down to Paul Casey on the 17th hole and wound up beating him in 22 holes. His strongest play was in the semifinals against Jim Furyk where he delivered a birdie-birdie-eagle finish to win. THE ASSOCIATED PRESS

BPL SOCCER

Chelsea end title drought with ease

The five-year drought is over. Chelsea is Premier League champion again — with three games to spare. Chelsea's players danced around the field after securing the title with a scrappy 1-0 victory over Crystal Palace on Sunday that encapsulated the recent cautious pragmatism of Jose Mourinho's team.

"Today was not a game to enjoy," Mourinho said. "Today was the game to finish the job."

But it was a trophy that was really won in the opening months of the season, with Chelsea having been atop the standings from the opening week. With only two losses in 35 games, Chelsea was rarely troubled in its pursuit of a fourth league title in 11 seasons — and the fifth in its 110-year history.

"This is unbelievable, we've worked so hard this year to get over the line," captain John Terry said as the blue and white streamers descended on the Stamford Bridge field. Fittingly, the title-winning goal came from Eden Hazard, a week after the Belgium winger was honoured by his fellow pros with the player of the year award. THE ASSOCIATED PRESS

Chelsea's Gary Cahill holds a winner's banner to celebrate his team winning the Premier League title IAN KINGTON/AFP/GETTY IMAGES

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Ready in
Prep time: 15 minutes
Bake time: 12 minutes
Serving size: 4

Ingredients
- 1 lb boneless chicken breast or thigh, cut into 1-inch cubes
- 3 Tbsp all-purpose flour
- 2 tsp vegetable oil
- 2 Tbsp red curry paste
- 1 Tbsp minced ginger
- 1½ tsp minced garlic
- 1 can light coconut milk
- 1 tsp brown sugar
- 1 Tbsp fish or light soy sauce
- 2 cup sliced red bell pepper
- 2 cups snow peas cut in half
- 3 Tbsp chopped cilantro
- ¼ cup toasted chopped cashews (optional)
- 3 cups cooked rice or noodles (optional)

Directions

1. Dust chicken with flour. In large skillet sprayed with vegetable oil, sauté chicken just until browned on the outside, about 3 minutes. Do not cook through. Set chicken aside. Wipe out skillet and add oil.

2. Add curry paste, ginger and garlic and sauté for 2 minutes. Add coconut milk and bring to a simmer on a medium heat. Add sugar, fish sauce and chicken and simmer for 5 minutes or until meat is cooked and sauce has thickened.

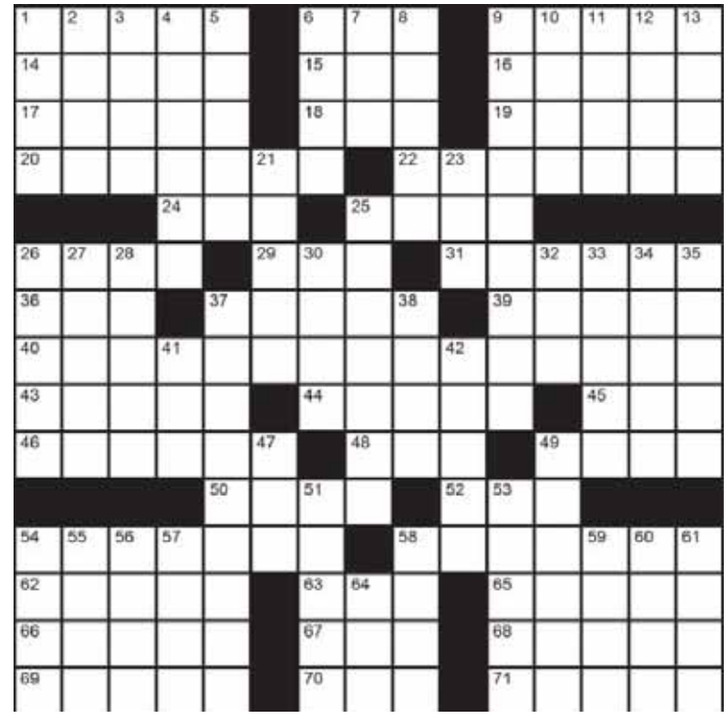
3. Meanwhile in skillet sprayed with vegetable oil, sauté red pepper and snow peas for two minutes just until barely cooked. Add to chicken mixture. Sprinkle with cilantro and nuts if using and serve over top rice or noodles, if using.

Nutritional information per serving
- Calories 273
- Carbohydrates 7.8 g
- Fibre 2.6 g
- Protein 25.1 g
- Fat 10.5 g
- Saturated fat 4.8 g
- Cholesterol 62.6 mg
- Sodium 633 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Capture
6. Rainbow shape
9. Essential parts
14. Having a single element
15. Casper's cry!
16. "Bon voyage!"
17. Barber's razor-sharpener
18. Frigid
19. Relating to a forearm bone
20. #9-Down's co-star Gordon
22. Implement for Emily Carr
24. Victoria's Secret purchase
25. "Song __ Blue" by Neil Diamond
26. Out
29. Hound's healer
31. __ clef
36. Uncooked
37. Persian Gulf land
39. Nebraska city
40. Product by Canadian brand Lantic: 2 wds.
43. Bring together
44. Type of headache
45. Ballpark fig.
46. Synchro swimmer of the silver screen Ms. Williams
48. Poet's creation
49. Dull
50. Tandoor-baked creation
52. Boot bit
54. Lord's land on the manor
58. Underwater earthquake result
62. Spew
63. Plunder
65. Penned
66. Art gallery print, briefly
67. First name in music lyrics
68. Matt Lauer's morning show
69. Admit passengers: 2 wds.
70. Make a typo
71. Fishhook line

DOWN
1. Canine tooth part
2. __-inflammatory
3. Mountain lake
4. NHL-er Sidney from Nova Scotia
5. Overly active
6. Slightly: 2 wds.
7. Mythical bird
8. Large rodent of South America that looks like a beaver
9. Calgary-born actor: 2 wds. ...see #49-Down for more!
10. Loafing
11. Salon shade
12. Put in the microwave
13. Positive
21. Pertaining to military ships
23. Carpenter __
25. Toronto's Union __
26. Fight
27. Notifies of danger
28. Expect
30. Airport scr. postings
32. Australian bird
33. Montreal-style __
34. Dog, with Apso
35. Soil
37. Town in southern Ontario near Niagara Falls
38. Divide
41. To the __ degree
42. Vocals-for-two
47. Campaigned
49. Constable __ Fraser (#9-Down's role on "Due South")
51. Cliff nest, variantly
53. Dethrones
54. Big name in computing
55. Famous lake
56. Shania Twain's ex Mr. Lange
57. Canyon sound
58. Ski resort ride
59. __-de-camp
60. Dish
61. Pastoral poem, variantly
64. A famous Bobby

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't worry about today's full moon – if you think positive then all will be well. But be ready for one or two emotional outbursts from people who get easily frustrated with life's little setbacks.

Taurus April 21 - May 21
Strive to be nice to people today, even if they are not always nice to you. A full moon in your opposite sign of Scorpio will help you realize that people everywhere are much the same – if not quite as brilliant as you.

Gemini May 22 - June 21
If a friend asks you to do something you disagree with today you must have the strength to refuse their request. Even if it puts a strain on your relationship in the short term, in the long term they will admit it was the right thing to do.

Cancer June 22 - July 23
The best way to make the most of the Sun in one of the most positive areas of your chart is to believe that all things are possible. Do what your heart tells you is right today, even if everyone else seems to think it is wrong.

Leo July 24 - Aug. 23
Some may say you are being unduly cautious, and maybe you are, but today's full moon warns this is not a good time to take chances. You know the old saying: "If it's not broke, don't fix it."

Virgo Aug. 24 - Sept. 23
The worst possible thing you can do now is to try to conform to the kind of image you think others have of you. You are who you are for a reason, so forget about what friends and family members expect of you.

Libra Sept. 24 - Oct. 23
This could be a lucky day for you but it could also be the kind of day when what you gain with one hand you squander with the other. If you find you have more cash than you expected put it away for the proverbial rainy day.

Scorpio Oct. 24 - Nov. 22
A few weeks from now you will either look back and marvel at the things you accomplished or look back and regret the things you avoided. Go on, take a chance.

Sagittarius Nov. 23 - Dec. 21
It may appear to others that you are not doing very much but just because you are not active on the outside does not mean you are not active on the inside. On the contrary, that Sagittarius brain of yours is bubbling with new ideas.

Capricorn Dec. 22 - Jan. 20
The pace of life will be hectic over the next few days and the demands others make of you will be tough. Plan ahead sensibly and be ready to say "no" when too much is expected of you.

Aquarius Jan. 21 - Feb. 19
Don't sit back and wait for good things to happen – get out into the world and make them happen. The fact that you feel dissatisfied with your lot means that changes need to be made.

Pisces Feb. 20 - March 20
You have far too much going on in your life and today's full moon will in some way or other shake things up and make you realize you need to cut back on your commitments.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2				5				4
8		3	7		4	6		1
	7						6	
6				4				9
	3						8	
4		6	1		8	3		2
1				7				6

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